

Make time for yourself

Tips for providers using the *Self-Care Guide for Busy Parents*

CONTINUE THE CONVERSATION with parents and caregivers

Use these questions to discuss the *Make Time for Yourself* guide once parents and caregivers have read and/or used it. It can be really hard for parents to prioritize self-care. Your ongoing support can make a big difference in helping parents develop resilience and social connections.

Have you tried any of the self-care ideas in this guide? If you did try some ideas—

- Which ones worked for you? Why do you think they helped?
- Which ones didn't? Why do you think they didn't help?
- Did you try some self-care ideas that weren't in the guide?
- How did you feel after you did some self-care?
- Has taking care of yourself changed the way that you parent? How so?

If you didn't have a chance to try any ideas—

- Did you try some self-care ideas of your own?
- How are you taking care of yourself?
- What makes it hard to find time to take care yourself?
- Do you think you might be able to take a few minutes to try some of the ideas in this guide? How would you do it?
- How does it feel when you make time for yourself?

Remember to provide empathy and encouragement to parents wherever they are on their self-care journey.

We want to support parents and not make them feel guilty if it's hard for them to make time for themselves! Please refer to the resources on the back of the guide if parents need more help.

PRINT THE GUIDE AT
www.csnc.org/resources

Providers: use the guide
to find self-care ideas for
yourself, too!



This resource was created by Yolo County Children's Alliance
and adapted by the **Community Support Network of Nevada County.**