

# Everyday Ways to Be Kind to Yourself as a Parent

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Showing your children that Taking Care of Yourself is Important; When we show our children we can be kind to ourselves, we model how we would like them to treat themselves, and in turn we shine kindness out into the world. When we raise children who have compassion towards themselves, they naturally are more able to be kind to others. This doesn't have to be complicated – you can show your children this with your attitude towards daily self care (instead of feeling guilty, feeling good that you are showing your children an important part of how to care for themselves), and you might mention something like “When we take care of ourselves, we’re being kind to ourselves.”

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## Simple opportunities to be kind to yourself:

- Take a stretching break – include the kids, maybe they'll have a new stretch for you to try.
- Any physical self care you do is a way of being kind to yourself. Even brushing teeth – you can tell children you are being kind to your body by caring for it.
- Drink water. Have you had a glass of water today? Your body will thank you.
- Step outside and take a deep breath. Look at the sky. You might let your kids know how nature helps you feel calm.
- Write in your journal – or doodle or color. You can do this in a short burst of time, print one of a free coloring pages for adults and invite your children to sit and draw or write next to you at the table.

When we look for the many everyday ways that we take care of ourselves we can give ourselves some grace and realize that we're doing alright – and when we are kinder to ourselves, we have energy to spread that kindness in the world.

**PARENTING SHOULDN'T FEEL LIKE  
A COMPETITIVE SPORT  
IT'S PLENTY CHALLENGING  
WITHOUT ANY ADDED OBSTACLES  
STRIVE TO BE LOVING AND KIND  
HAVE THE COURAGE TO ASK FOR HELP  
TAKE A BREAK WHEN YOU NEED IT  
CELEBRATE ALL THE GREAT STUFF  
BE KIND TO YOURSELF  
BE YOURSELF  
THAT'S WHO YOUR KID LOVES ANYWAYS.**

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