




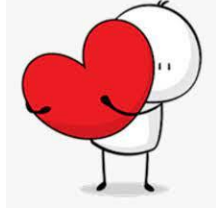


Noah's Inclusion Services

LOOKING AFTER YOURSELF TO LOOK AFTER YOUR CHILDREN

Caring for young children is a very labour intensive task. Parents/carers can get so busy keeping up with the day-to-day rush that they forget the bigger picture. You can be so busy being a parent/carer that you forget that before you were a parent/carer you were a person. But if you neglect these parts of your life to put all your energy into parenting, your parenting will suffer too. If you keep giving out but don't take anything in to replenish your spirit, it's so easy to dry up.

What?	How?	
Time	<ul style="list-style-type: none"> • Take time for yourself to smell the roses and recharge your batteries. • Take time for your relationships with family/friends. Turn the TV off one evening when the children have gone to bed and spend some quality time catching up with adults. 	
Planning	<ul style="list-style-type: none"> • Plan time to do something each week just for you. It might be something as simple as sitting down with a cuppa to read a magazine, getting out of the house for a break and some fresh air, going for a walk along a beach, getting out to play sport, or meeting a friend for a coffee. • Arrange for a relative or friend to mind the children occasionally while you do something out of the home, like going to a movie or going out for a meal. 	
Nutrition & Exercise	<ul style="list-style-type: none"> • Eat regular, balanced, healthy meals and get regular exercise. It's an oldie, but a goodie – not just good for you, but it makes you feel better too. 	
Socialise	<ul style="list-style-type: none"> • Develop a network of friends, the sort of good friends you can turn to for a favour in a crisis, and for whom you'd be happy to do a favour in return. • If you are a sole parent, developing a network of friends is even more important because you don't have the extra pair of hands in the house. 	

What?	How?	
Interests	<ul style="list-style-type: none"> • Develop your interests – sport, hobbies, art, music, adult education courses, whatever adds to your life. Your children will grow up and leave home one day. Start planning for the rest of your life. 	
Be kind to yourself	<ul style="list-style-type: none"> • Don't beat yourself up because you aren't a Super parent/carer and your children aren't Superkids. Good Enough parenting is what we are aiming for. • Don't feel guilty because you can't do everything at once. Nobody can do all the things the magazine articles tell you to do. • Pick out the bits of advice that are helpful and ignore the rest. If you don't find these resource sheets helpful, ignore them and do something that <u>is</u> helpful, like making a cuppa and having a break. 	

The best thing you can do for your children is to give them a happy family with happy parents/carers. In this way you are modelling the sort of positive adult behaviours you want your children to show when they grow up. To do this, you need to take care of yourself, your partner (if you have one) and your relationships with friends and family. If you are worn out or stressed out, you can't give quality time to your children.