



Taking Care of Ourselves

(Note: Birth To Three does not endorse or recommend any of this information, but is providing it as a starting point for your own search for resources.)

Why Self-Care Matters

<http://www.parentfurther.com/parenting/self-care>

Excerpt: As a parent, it's a natural instinct to put your child's needs first. When they're infants, you respond when their cry, and as they become older, you become vigilant in their safety and help them to discover who they are and develop the skills they need to succeed. While all this is happening, it's easy to lose track of yourself.

Ways to Practice Self-Care

<http://library.adoption.com/articles/benefits-of-busy-parents-practicing-self-care.html>

Excerpt: Working parents may find themselves "running on empty" if they don't take time out for self-care. They run the risk of falling into a rut if they never give themselves a break and keep working until they are exhausted. Since parents, in particular single parents, are the foundation for the family, it is critical that they take time to focus on their own well-being-to practice self-renewal-in order to have the strength to meet the demands of work and family life.

Single Parenting Now!

http://singleparents.about.com/od/singleparentlife/Taking_Care_of_Yourself_as_a_Single_Parent.htm

Excerpt: Parenting well requires that you take excellent care of yourself. After all, taking care of yourself enables you to take care of your kids. Therefore, it's important to consider your own emotional, physical, spiritual, mental, and relational needs. The resources you'll find here will help you find the time and means to take care of yourself and maintain your own life as you work hard to raise your children.

What Happens to Children and Parents When We Neglect Self-Care?

http://www.scanva.org/downloads/SelfCare_English.pdf

Excerpt: As a parent, it's important that you take care of yourself! If you're like most moms and dads, you need to be told that it's okay to take time to take care of yourself. Practicing self care is actually a very important step to becoming a better parent.

Nurturing Ourselves While Parenting a Child With Disabilities

<http://www.disaboom.com/children-with-disabilities/self-care-why-parents-of-children-with-disabilities-must-nurture-themselves>

Excerpt: Parenting children with disabilities can be an exceptionally rewarding experience characterized by challenges and triumphs. In addition to traditional parenting responsibilities, parents of children with disabilities must also fulfill the disability-related caregiving needs of their children.

Parenting a Preschooler

http://parenting.uwex.edu/parenting-the-preschooler/documents/parentselfcare_000.pdf

Excerpt: As a parent of a preschooler, you have stress: lack of time, lack of money, lack of sleep, too much to do. Parenting stress is directly related to high workload, low social support, fussy-difficult child, negative life events, and child caretaking hassles.

5 Ways to Keep Stress Away

<http://familyequilibrium.com/wordpress/?cat=11>

Excerpt: Hasn't excessive stress become a part of everyone's life? Parents feel the stress generated by their jobs, by taking care of the children, by needing to keep the household going – all at running pace, of course. Children feel the stress of being overloaded with homework and getting shuttled from one activity to the next. Everyone ends up being irritated – stress is contagious!