

FAMILY RESOURCE

C O N N E C T I O N

A publication created by and for New Horizon Child Care • www.newhorizonchildcare.com • Phone: 763-557-1111



You cannot give away what you do not have. Accept that it is difficult to take care of someone else if you do not take care of yourself first.

Feeling Good About Yourself as a Parent

As a parent, your life is full and demanding. You need to take care of yourself as well as your children. Parents need to feel good about themselves in order to be good parents.

Try to set aside time for yourself. If you try to hold onto your basic needs, your growing child will eventually respect those needs, too.

Accepting your needs

- Pay attention to what you need so that you are not easily drained.
- Avoid overloading factors or try to unload some of the ones you have.
- Accept that if you need your own space it does not make you a weak or selfish parent.
- Accept being less than perfect.
- Accept that you cannot take care of someone else if you do not take care of yourself first.

There are ways to keep some personal time in your life even if you have a very young baby.

Dealing with a young baby

- It is okay to let your baby cry for a few minutes while you get dressed, shave, or fix your hair.
- Keep your baby near you when you do your personal things. While you are eating, talk to your baby. Play peek-a-boo while getting ready in the morning.
- Have other people help you. Give your baby to your partner, friend, or babysitter to give yourself some time off.
- Trade off babysitting time with other parents so you all get some personal time.

Balance your life with your children

- Get as much sleep as you can.
- Try to keep some aspects of your life from before you were a parent.
- Find time for yourself without guilt.
- Find simple, quiet spaces throughout the day. Take a deep breath and relax in these moments.
- Read about childhood development. Learn what you can and cannot expect from your child.
- Express your feelings. Write them down and get them out.

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Mission

To open "New Horizons" of self-esteem and potential for the little people entrusted to our care, their families, and our employees by providing and continuously improving the best child development on the planet!

