

Self-Care

Who needs self-care? What is self-care? Why practice self-care? How can you implement self-care?

Who needs self-care?

Self-care applies to everyone, in each phase of development. Our babes, littles, kiddos, and do not forget you as the parent need self-care. As you explore each developmental phase, you will learn about age-appropriate self-care practices.

What is self-care?

Self-care is going to look different for everyone and often changes based on a specific phase of development, life situation, and individual interests. The key is recognizing how you and your little one define self-care. My goal is to help you discover what self-care look like to you and your family.

Why practice self-care?

Studies indicate that benefits of regular self-care practice include allowing one to feel and function better. Helping our kiddos create safe and appropriate self-care habits promotes their self-worth, independence, and the ability to identify healthy coping mechanisms. In addition, studies indicate that littles who practice self-care show greater initiative, confidence, and sense of purpose. Research identifies self-care as a healthy emotional practice. According to the American Academy of Pediatrics, emotionally healthy parents are more likely to provide and promote a safe and nurturing environment for their littles. There are countless reasons supporting why everyone in your family should implement self-care.

How can you implement self-care for you and your littles?

While in college, a professor challenged me to examine my life in four areas and identify how I could practice self-care in each area.

Emotional/Spiritual	Social
Intellectual	Physical

For example:

<p>Emotional/Spiritual</p> <ul style="list-style-type: none"> - Meditation - Therapy session 	<p>Social</p> <ul style="list-style-type: none"> - Date nights with my spouse - Girls night with friends
<p>Intellectual</p> <ul style="list-style-type: none"> - Reading - Practicing a hobby 	<p>Physical</p> <ul style="list-style-type: none"> - Exercise - Pedicure

This made such a strong impact on my life. Nearly 20 years later, I continue to practice this exercise. As a nursing professor and parenting educator, I challenge each of my nursing students and parents that I work with to do the same exercise. In order to take care of others, it is essential that you first take care of yourself. The first step to self-care is recognizing what your self-care needs are. This self-care reflection tool kit can help you identify your self-care needs. Ideally, complete the self-care reflection tool kit for yourself first, then complete it for your littles having them help share thoughts and ideas as age appropriate.

self-care {reflection questions}

physical

1. What does physical self-care look like to you?
 - List as many ideas of physical self-care that come to your mind
 - If completing this for your little, refer to the example list under their developmental phase in the content to spark your thought process as you think about your littles interests and self-care preferences.
 - Include your kiddos and littles in the reflection process as age appropriate.



A series of 20 horizontal lines for writing, enclosed within a large blue curly bracket on both the left and right sides of the page.

2. What is the ONE word you would use to describe how you want to feel from participating in physical self-care?

- The answer to this question can help you decipher what self-care looks like for you.
- For example, if you want to feel rested from physical self-care, your word is RESTED. Refer back to the list you identified in question 1.
- Highlight anything that connects with your word.
- For example, if your word is RESTED and you wrote

get a massage, go for a jog around the track, run a marathon, take a nap, get a pedicure, drink less soda at night;

You will highlight the ideas that you feel promote rest.

- Remember, there are NO WRONG ANSWERS.

3. Fill out the self-care sunshine.

- In the middle of the sunshine, write your word from #2.
- On the rays shooting off the sunshine, write your highlighted ideas. Continue to brainstorm self-care ideas.
- Hang up your sunshine as a reminder to your commitment to self-care.

2. What is the ONE word you would use to describe how you want to feel from participating in emotional/spiritual self-care?
 - The answer to this question can help you decipher what self-care looks like for you.
 - See example under PHYSICAL
 - Highlight anything that connects with your word.
 - Remember, there are NO WRONG ANSWERS.

3. Fill out the self-care sunshine.
 - In the middle of the sunshine, write your word from #2.
 - On the rays shooting off the sunshine, write your highlighted ideas. Continue to brainstorm self-care ideas.
 - Hang up your sunshine as a reminder.

2. What is the ONE word you would use to describe how you want to feel from participating in social self-care?
 - The answer to this question can help you decipher what self-care looks like for you.
 - See example under PHYSICAL
 - Highlight anything that connects with your word.
 - Remember, there are NO WRONG ANSWERS.

3. Fill out the self-care sunshine.
 - In the middle of the sunshine, write your word from #2.
 - On the rays shooting off the sunshine, write your highlighted ideas. Continue to brainstorm self-care ideas.
 - Hang up your sunshine as a reminder.

2. What is the ONE word you would use to describe how you want to feel from participating in intellectual self-care?
 - The answer to this question can help you decipher what self-care looks like for you.
 - See example under PHYSICAL
 - Highlight anything that connects with your word.
 - Remember, there are NO WRONG ANSWERS.

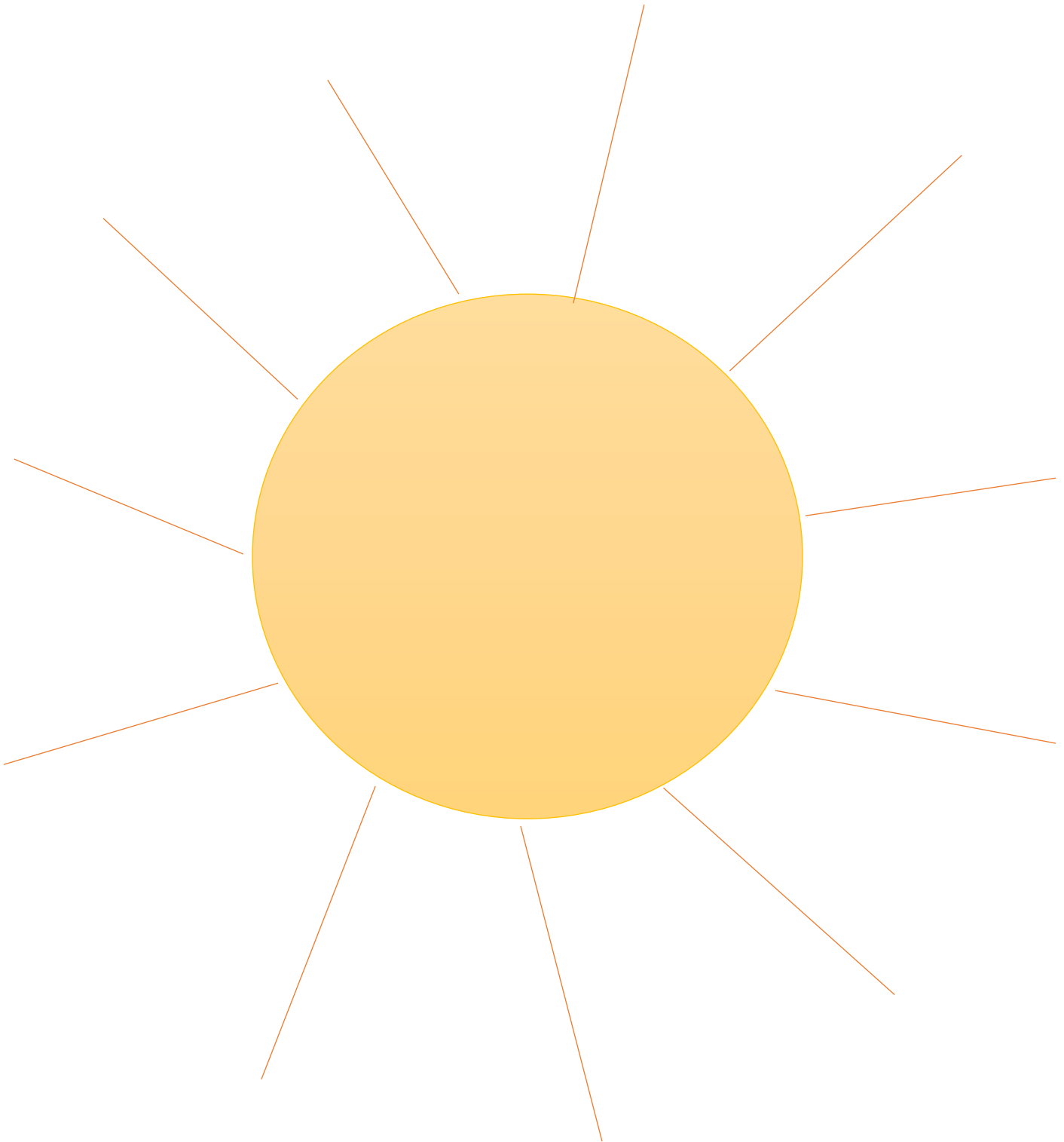
3. Fill out the self-care sunshine.
 - In the middle of the sunshine, write your word from #2.
 - On the rays shooting off the sunshine, write your highlighted ideas. Continue to brainstorm self-care ideas.
 - Hang up your sunshine as a reminder.

As you and your littles *take action* and work on your self-care, I know you will find greater **light, empowerment, purpose, peace**, and **hope**. xxx amy

{*self-care sunshine*} instructions

1. Complete the self-care reflection questions for each area.
2. Print out four self-care sunshine images per person, one for each area.
3. In the middle of the sunshine, write your word from #2 self-care reflection questions.
4. On the rays shooting off the sunshine, write your highlighted ideas. Continue to brainstorm self-care ideas.
5. Use your sunshine as a reminder

{self-care sunshine}



Self-Care {reflection}

emotional/spiritual

social

intellectual

physical