

HOW TO SUPPORT YOUR CHILD'S SOCIAL & EMOTIONAL WELL BEING

ACTION #4: HELP YOURSELF TO HELP YOU AS A PARENT

Birth-5 Years	6-10 Years	11-15 Years	16-18 Years	19-24 Years
<ul style="list-style-type: none"> • Know that it's ok and normal to not have all the answers and need support. • On a challenging parenting day, taking 10 minutes to yourself to let off steam can help turn it around. • Let yourself have some time for yourself. Do something you enjoy at least once a week e.g. hobby, sport, coffee with a friend, bath on your own • Being a parent is a really tough job, try to reach out to others e.g. a parent/baby group, GP, PHN, community group, or someone whose advice you trust. Or maybe set up a WhatsApp group of people you know. • Consider accepting offers of help. • Prioritise sleep over housework or tasks when your baby/toddler sleeps. 	<ul style="list-style-type: none"> • Know that it's ok and normal to not have all the answers and need support. • On a challenging parenting day, taking 10 minutes to yourself to let off steam can help turn it around. • Let yourself have some time for yourself, and do something you enjoy at least once a week e.g. hobby, sport, coffee with a friend, bath on your own. • Being a parent is a really tough job, try to reach out to others e.g. a childcare provider, school, GP, community group, or someone whose advice you trust. Or maybe set up a WhatsApp group of people you know. • Consider accepting offers of help. 	<ul style="list-style-type: none"> • Know that it's ok and normal to not have all the answers and need support. • On a challenging parenting day, taking 10 minutes to yourself to let off steam can help turn it around. • Let yourself have some time for yourself, and do something you enjoy at least once a week e.g. hobby, sport, coffee with a friend, bath on your own. • Being a parent is a really tough job, try to reach out to others e.g. a youth/community group, school, GP, community group, or someone whose advice you trust. Or maybe set up a WhatsApp group of people you know. • Consider accepting offers of help. 	<ul style="list-style-type: none"> • Know that it's ok and normal to not have all the answers and need support. • On a challenging parenting day, taking 10 minutes to yourself to let off steam can help turn it around. • Let yourself have some time for yourself, and do something you enjoy at least once a week e.g. hobby, sport, coffee with a friend, bath on your own. • Being a parent is a really tough job, try to reach out to others e.g. a youth/community group, school, GP, community group, or someone whose advice you trust. Or maybe set up a WhatsApp group of people you know. • Consider accepting offers of help. • Learn how to let go. Be ok with their independence. Explore new hobbies, and find new and old interests again 	<ul style="list-style-type: none"> • Know that it's ok and normal to not have all the answers and need support. • Learn how to let go. Be ok with their independence. Explore new hobbies, and find new and old interests again.



Some helpful websites include:

- www.parenting24seven.ie
- www.helpmykidslearn.ie



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