Parent Self-care

- Remember, you need to look after yourself to look after your child. When parents are feeling anxious, children can notice this and begin to feel stressed themselves. Take the time to check in with your own feelings.
- Be kind to yourself. Acknowledge all the good work you're doing – remember to praise yourself and try not to focus on the negatives.
- Don't hold it all in. Let your partner, family or friends know when you need some help. Whether its support, advice or babysitting – just ask. The fastest way to get over-whelmed is to fall into the 'I must do it all' mind set.
- Try not to compare yourself to others**.** Every family is different and have their own routine. Figure out what works for you.
- Take a break and make time to do something you enjoy.

We know there are loads of online resources to help you support your child as they start back in school. The problem is finding the time to search for them! To help you, we have collected as many of the high quality resources that would could find and put them in one place – you can find them **here**.

If you think you need additional help in supporting your child return to school, you can find a full list of Limerick-based parenting and family support organisations by clicking **here**.