TAKE CARE OF YOURSELF, 
SO YOU CAN CARE FOR YOUR KIDS!

KEEP A CALENDAR
Keep a calendar with major events and doctor’s appointments. When was the last time you or your child got a physical? Make sure you’re up to date with what you need to do to stay healthy.

HUMOR
Keep your sense of humor. Laughing helps your body fight stress in many ways.

TALK
Talk about your feelings with someone. Parenting can be hard, but it helps to tell someone else what you’re going through.

SLEEP
Get enough sleep. Feeling tired may affect your mood and temper.

EXERCISE REGULARLY
Even if it’s just a walk, it helps reduce stress. Try to do some sort of exercise at least once a week.

MEAL PLANS
Planning your meals in advance means fewer trips to the grocery store, less time worrying about what’s for dinner, and less temptation to eat fast food.

EAT RIGHT
A good diet will keep you healthy and makes you better able to deal with stress.