



“Differences are not intended to separate, to alienate. We are different precisely to realize our need for one another.”

- Desmond Tutu

You can't pour from an empty cup.



Take care of yourself first.



Self-Care Tips for Parents

Nurture yourself.

Squeeze in time to exercise.

Drink water. It may sound too simple, but little do we realize how dehydrated our bodies are throughout the day.

Try to create a space that is yours alone.

Watch a movie or show.

Plan to get to bed a few minutes earlier than usual.

Be comfortable asking for help

Connect with your community (friends, family, neighbors)

Remind yourself: that it is MORE THAN OKAY to celebrate the little things

Take a walk after dinner

Reflect on your short-term, middle term, and long-term goals

Enjoy a book

Make time for family and friends

Give yourself positive self-talks

Local Resources for Parents:

Parents 2 Parents:

<http://www.p2pwhatcom.org/>

Bellingham Center for Healthy Motherhood: Program:

<http://www.centerforhealthymotherhood.com/#community>

Organization – Community to Community Development:

<http://www.foodjustice.org/>

Organization – Bridgid Collins Family Support Center:

<http://www.bridgidcollins.org/>

Other Resources:

Video – I search 4 it blinded: the power of self-love and self-esteem
| Caria Lee | TEDxSHHS

Article – SCAN: Self-Care For Parents:

<https://www.scanva.org/support-for-parents/parent-resource-center-2/self-care-for-parents/>

Article – Mom Self-Care is Non-Negotiable:

http://www.huffingtonpost.com/mia-redrick/mom-selfcare-is-nonnegotiable_b_1171034.html

Self-Care with Your Family

Take walks with your family.

Cook with family.

Attend community events together.

Go out to eat.

Go to the zoo, museums, arcade, bowling, etc.

Play board games

Do DIY (Do It Yourself) projects together

Spring-cleaning together

Have story time and read together

Look at old family photo albums if you have them!

Plan a day or weekend adventure together if you are able to.

Have a picnic.

Attend a local sporting event.

Garden together

Volunteer in your community together

Visit or video chat with relatives that live further away

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