



Parent Self-Care Pack

Breathe, Reflect
Recharge

How Are You, Really?



I'm feeling...

One thing that's been hard lately...

Something I'm proud of as a parent...

One small thing I can do for
myself this week is...





Small Things, Big Impact

- ☐ Drink a full glass of water
- ☐ Step outside barefoot
- ☐ Text a friend
- ☐ Say “no” without explaining
- ☐ Breathe deeply for one minute
- ☐ Go to bed 15 minutes earlier
- ☐ Ask for help



This Summer, I Will...

Say yes to...

Say no to...

Make space for...

Be kind to myself when...



