

## PARENTING & SELF-CARE ~ CRIANZA & CUIDADO PERSONAL

### POSITIVE DISCIPLINE

Do you feel that sometimes you give so much to your children that you leave yourself empty? Working crazy hours, running around all day for activities, playdates and appointments leaves you exhausted, wanting a nap and yelling to those around us. Taking care of yourself plays a critical role in effective parenting, you must take care of yourself so you can take care of others. Taking care of yourself does not make you a "selfish" parent, practicing self-care makes you a "better" and "happier" parent.

Parents who practice taking care of themselves show their children that there are healthy ways to manage life's challenges and create powerful teachable moments by exposing them to self-care management techniques.

Self-care looks different for every person, here is how you can start.

- 1) Make a list of the things you like to do that feed your heart, your body, your mind, and your soul. Haga una lista de las cosas que le gusta hacer y alimentan su corazón, su cuerpo, su mente y su alma.
- 2) Get out your calendar and make time for yourself EVERY day. Saque su calendario y haga tiempo para usted todos los días.
- 3) Give up all guilt about taking time for yourself, or for taking time to be with people who boost your energy and your joy. Abandone toda culpa por tomarse un tiempo para usted mismo o por tomarse el tiempo para estar con personas que aumenten su energía y su alegría.
- 4) Keep a gratitude journal. Tenga un diario de "gratitud."
- 5) Ask for help when you need it. After all, you aren't asking for anything you would not be happy to give. Pida ayuda cuando la necesite. Después de todo, no está pidiendo nada que a usted no le gustaría dar.
- 6) Laugh and learn from your mistakes - another great gift to yourself and others. Ríase y aprenda de sus errores, otro gran regalo para usted y los demás.

And remember, your children learn by the behavior you model, so by taking care of yourself, you are teaching them to take care of themselves. And, carving out this special time, even for a few moments, creates more patient and loving mothers, fathers, and guardians.