



Self-Care Suggestions for Moms

Thank you to the mothers and caregivers who do so much to inspire bright futures for the children of the world! Healthy, happy parents tend to raise healthy, happy children, so a parent's self-care is good for the whole family. These simple self-care suggestions will help you feel better and be a better parent too.

1. **Come out and play.** The work will wait. Set the imaginative child in you free to create, play and have fun. Do more of what you "love" and less of what you "should" do. Follow your joy. Move your body. Laugh a lot.
2. **Feel the love.** Be with people who applaud you and support your dreams. Let others help, hug and listen to you. Love and appreciate yourself even more. Replace self-criticism with self-compassion. Know when to say "no" to others and "yes" to yourself.
3. **Renew with regular R & R.** Rest, relaxation and reflection are essential for mind, body and spirit wellbeing. Slow down, sit down and calm down. Take a "time in" to ask your heart what it wants and then listen. Make time for activities that inspire you and bring you pleasure.

The **Inspire Children Foundation** is a nonprofit organization committed to preventing and resolving the harmful effects of early childhood adversity and toxic stress. Visit us at www.InspireChildren.org.

Inspire a child. Change the world.