

Parent Talk

JANUARY 2023

New Year's Resolutions for Caregivers

A new year brings a new chance for caregivers to connect with their children and make lasting changes to help them succeed at home, at school, and in life. In this month's edition, we cover some easy resolutions caregivers can implement to support not only their children, but themselves.

Spend More Time

An easy resolution to commit to in the new year is to spend more quality time as a family. For kids struggling with a mental health issue, having support and guidance from their caregivers can make a world of difference. Try to pre-plan family activities such as going for a drive, having a special dinner, or playing games. These things can give your child something to look forward to during the week and act as a reward for good behavior.



Commit To A Routine

Routines can be incredibly helpful both for your children and for yourself. Many younger children can see big changes in their problem behaviors when a routine is introduced. This helps them avoid the stress or anxiety that comes with unplanned days and minimizes distractions. As a caregiver, a regular routine also helps you get ahead of your planning and gives you some more free time. Start small with something as simple as always having dinner at the same time. Giving your child (and yourself) this reliable stability will help you both feel grounded.

Be An Advocate

Make this year the year you become a mental health advocate! From spreading awareness on social media to meeting with local legislators to discussing progressive policies, anything big or small can help you advocate on behalf of children's mental health. Many caregivers find themselves wanting to make a difference for their child but are unsure how. Start by identifying the specific ways you'd want to advocate. Is it in school? What about more broadly? Take small, initial steps such as speaking with your child's teachers about how you can get more involved in an educational board or program.



Volunteer

Beyond advocating, volunteering for a children's mental health organization can be a great way to tackle a new and fun challenge in 2023. Look into local mental health non-profits (like The Baker Center!) that may have volunteering opportunities available. Start at your own pace! You could begin by doing an hour or two of office work and then if you want to get more engaged, consider coming out to volunteer at a mental health awareness event or even talk about forming a caregiver task force. Learn more about our upcoming SuperK Walk, Roll & Fun Run below.

Need more help?

Resources at The Baker Center are just a click away

Therapy & Treatment Services

CENTER FOR EFFECTIVE THERAPY →

Special Education

MANVILLE SCHOOL →

Therapeutic Summer Camp

CAMP BAKER →

College Preparation

NEXT STEP →

Featured Resources



5 Easy Ways To Get Involved

Spreading awareness doesn't need to be difficult! Check out our blog post of 5 easy ways you can start making a difference today.

[LEARN MORE](#)



Ways To Give

Volunteering? Advocating? Spreading awareness? There are so many options! If you're feeling overwhelmed by where to start, take a look at our Ways to Give page where we go over all the ways in which you can support The Baker Center and further our mission.

[LEARN MORE](#)



SuperK Walk, Roll & Fun Run

It's time to lace up your sneakers and grab our capes for a superhero-inspired celebration of children's mental health. All are welcome at our SuperK Walk, Roll & Fun Run, a family-friendly 1K/5K event to support kids with mental health challenges.

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