

Parent Talk

JANUARY 2025

Sticking To Resolutions

The start of a new year is typically the time where we see everyone embarking on new resolution journeys. Whether that's eating healthier, exercising more, or spending more time outside, these goals can be highly beneficial for both caregivers and kids. The unfortunate reality though is that many people abandon their resolutions within the first month of the year. Read on for some tips on making sure you can stick with realistic goals and advice for being graceful with yourself!

Push Yourself

Let's get the tough part out of the way first. There are absolutely going to be days where you feel like you can't stick to your resolution, and that's okay! While it's important to be forgiving with yourself (see the tip below), it's equally as important to give yourself a push. Break your resolution down into daily chunks and try to tackle at least a few of these pieces if you feel like you can't handle the entire thing that day. Sometimes just getting started is enough to motivate you to finish!

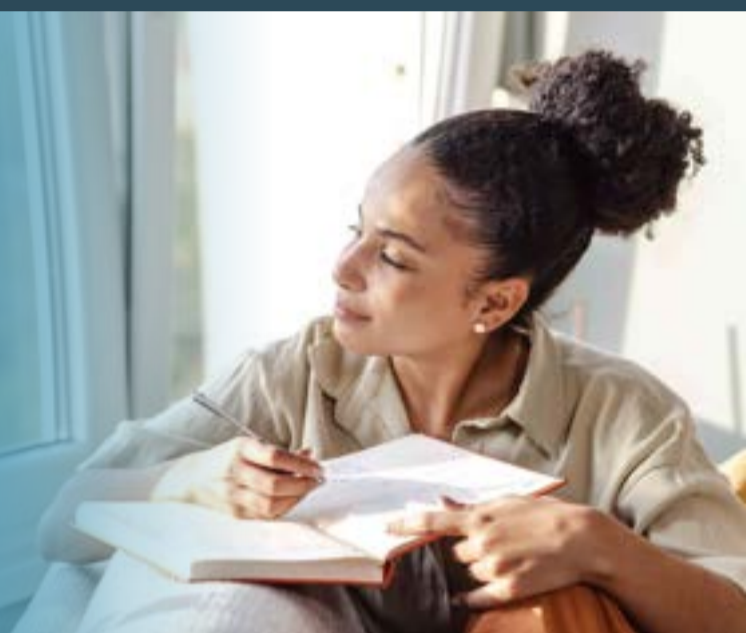


Grab A Buddy

It can be much easier to stick with a goal if you have some company along the way. Try discussing your resolutions with fellow caregivers or friends and see if anyone would be willing to join you. Having someone beside you for accountability can drastically increase your motivation to keep up with your goals. Your child can be your buddy as well! Come up with a list of resolutions you may be able to do with your kids.

Journal Your Progress

Keeping a physical log of your resolution progress is not only a great way to set milestones and track progress, but an awesome motivator. Whenever you feel like you're in a slump, look back at your progress so far. If you're not where you want to be, what can you do to change that? If you're satisfied with what you've done so far, use that as motivation to keep going and hit your goals!



Be Forgiving

The most helpful piece of advice for sticking with your resolutions is to always be forgiving with yourself. Many people quit their resolutions because they assume it's all or nothing. One mistake apparently means you need to give up. That couldn't be further from the truth! Resolutions, and self-improvement in general, take time and dedication. Slip ups are inevitable. You can't control when you may make a mistake, but you can control your reaction to it. Don't let something small push you off track.

Need more help?

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Featured Resources



The Role of Self-Care in Parenting

In this seminar, we discuss the importance of self-care for parents, how it can impact your children, and useful ways to create space in your life for yourself!

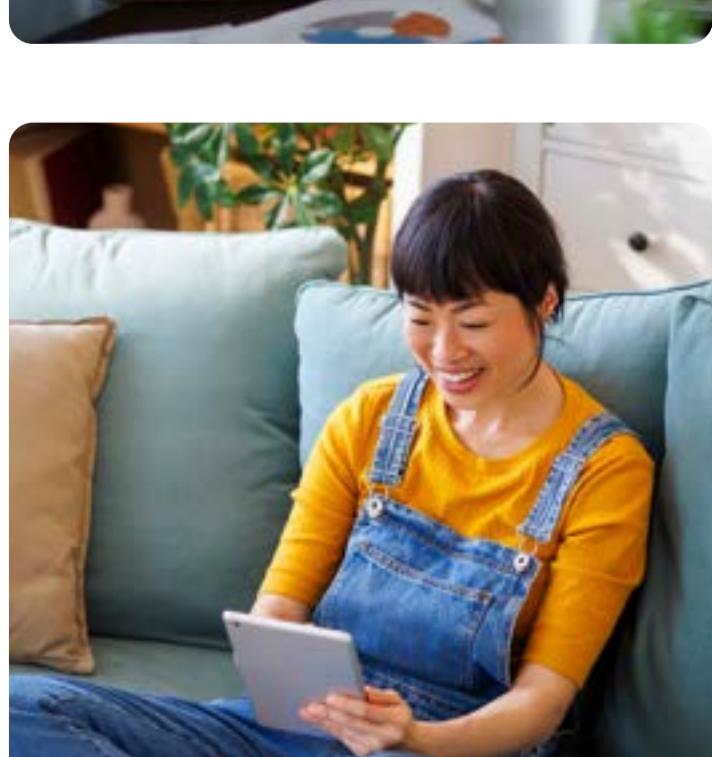
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The Role of Self-Care in Parenting: Let's Talk About Caregiver Burnout

Being a parent can be stressful even during the best of times. Raising kids requires a lot of time and energy that goes into taking care of others emotionally and physically, in ways that naturally stretch beyond the care that you would just have to provide for yourself. It can be easy to feel like your life has become about others, and to lose sight of your own well-being as you're keeping the family afloat.

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The Role of Self-Care in Parenting: Fighting Back Against Caregiver Burnout

To fight back against caregiver burnout, it's important to recognize that being well enough to take care of others means taking care of yourself first. Like safety protocols on an aircraft, you need to put your own oxygen mask on before helping others to increase the wellness of all involved.

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