Practicing Self-Care

As a caregiver, it can often feel as though you don’t have the time to practice self-care. Between work, school, and just the reality of being a parent, the stress and pressure can build quickly. It’s exactly this reason that caregivers should prioritize their own self-care. Read on for some easy tips for decompressing and centering yourself not just as a parent, but as a person.

Start a New Project

It can be easy to assume that all praise is created equal. After all, what could be negative about showering your child in praise? Experts say the type of praise you provide kids really DOES matter.

Maximizing the Effectiveness of Child Praise

PEERS is a social skills group that was developed for teens with Autism, ADHD, social behavioral challenges, and social pragmatic communication disorders. During each session, teens are taught important social skills and practice these skills with peers in the group. Caregivers also participate in separate groups to learn how to support their teens in using and expanding their social skills and networks. It’s important that both teens and caregivers are motivated to learn social skills and engage with the practice in sessions.

Featured Resources