

Parent Talk

JULY 2023

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.

Check In With Yourself

Throughout all the chaos of the day, you may often find yourself unable to actually sit down with your thoughts for a few moments. Days and even weeks can pass without giving yourself the space to check in and assess your own mental health. While your child's mental state is important, so is your own. Commit to taking at least 30 minutes each day to do a wellness check with yourself. How are you feeling emotionally and mentally? What's causing you stress? What are you anxious about? Identify these things and make a conscious effort to get support from a loved one. Or even just use that half an hour to take a break!



Do What You Enjoy

Once you commit to taking time for yourself, start to think of what you might do during those periods. What are things you genuinely enjoy doing or spark joy within you? Reading, cooking, going for a walk. Make a list and then use your daily check in time to engage in one of these activities. Try to be present and in the moment while you do this. Keep a close eye on how you're feeling and any improvements to your mood and stress levels.

Start A New Project

At a loss for how to unwind? Try thinking of bigger goals or projects you've had on your to-do list for a while. These don't have to be related to parenting. In fact, it should be something that causes minimal stress and maximum enjoyment. Something you've always wanted to accomplish, but never had the time. Come up with a plan for how you could realistically start to tackle it. If you need more than half an hour each day to work on it, try to come up with a plan to give yourself more flexibility so you can commit more time to it. You could ask your partner or other loved ones to watch your kids once a week while you spend a few hours working on your project. Make a checklist breaking it down into smaller milestones to help you stay on track. When it's finished, celebrate with your family!



Join A Community

Beyond daily activities and projects, joining a larger community is a great way to practice self care. If you've already identified things you enjoy doing in your spare time, take it a step further by finding local groups or events dedicated to those things. Making lasting connections with other caregivers or individuals who share your same interests can help ground you and make you feel a part of something special. Having a community outlet is especially helpful for caregivers because it allows you to swap stories and experiences with those on similar journeys to your own. The advice and support you can receive in a community setting can do wonders for your self-care.

Need more help?

Resources at The Baker Center are just a click away



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Featured Resources



Maximizing the Effectiveness of Child Praise

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.

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PEERS Social Skills Groups

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.

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