

Sharing Parenting Tips for Wellbeing

Self-care

Being tired or hungry puts stress on our bodies. This will in turn affect our emotional well-being. As a parent we need to make sure we take care of ourselves as well as our children. As parents we need to look after ourselves to be able to look after our children.

Do something you enjoy

Taking time to do thing you really enjoy is important, it is easy to forget we need time to unwind. It might be reading a book, taking a bath, phoning a friend, painting or having your favourite meal.

Reputable news sources only

It is not helpful to read every news source, only reputable ones. Some sources may have fake news or give poor advice. Sticking to reputable sources will ensure you get the information you need. Limit how much time you spend looking at news.

Keep connected

While we have to socially distance ourselves we still need to keep connected. Talk to family and friends any way you can. If you are feeling worried talking it through with a friend may help.

Positive routine

Having a routine for yourself and your family helps everyone to feel settled. It may be different to your normal routine as long as it consistent and suits your family.

Remember we are here to support you; info@sharingparenting.com