

# ACTIVITIES TO DO WITH YOUR CHILDREN WHILE SELF-CARING

NELP



## GO ON NATURE WALKS

Let your children explore while you enjoy some fresh air. Studies have shown the importance of being in contact with nature to rejuvenate.



## PLAY MUSIC

Put some music on while your children are playing that helps create a relaxing ambiance. Switch things up into something fun with a dance party when you see them being restless.



## STORY-TELLING

Put on an age-appropriate children audio-book for your children to listen to while they are playing. This gives you time to work on yourself and self-care.



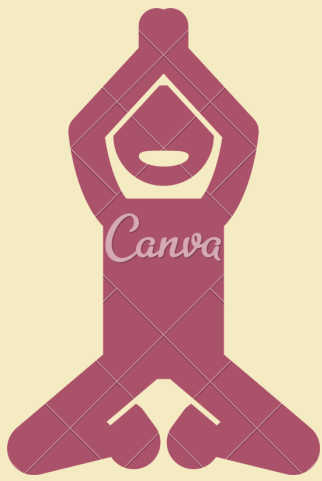
## CREATE A CALENDAR

Predictability calms a child's heart. Make sure they know how the day is going to go and what are potential emotions that could arise throughout the day. Give them a chance to think of different strategies to help minimize the negative emotions.



## COMMUNICATE

Your children understand what it is like to want a break and some alone time. Explain in an age-appropriate way why it's important to self-care and when you need it. Make sure to also give them alone time when they ask for it.



## ATTITUDE OF GRATITUDE

Remember that you can rewire your brain to become a positive affect person by writing 3-5 positive things that happens each day. You can also get your children to share what they are grateful for daily.



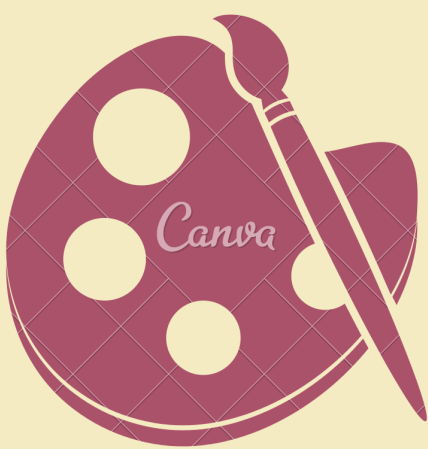
## MAKE CHORES FUN

Sharing the daily chores with your children and asking for their help is important as it increases their confidence, helps with bonding time and helps teach them about responsibility. When possible, invite your children to help with chores and give them positive feedback.



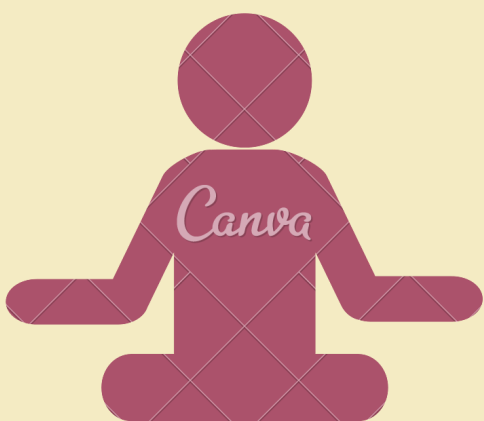
## SLEEP

Prioritize sleep because it helps re-energize the mind and body. Having naps during your child's nap time can be beneficial for restoring energy and overall well-being. Make sure to add a nap in your toddler's daily routine.



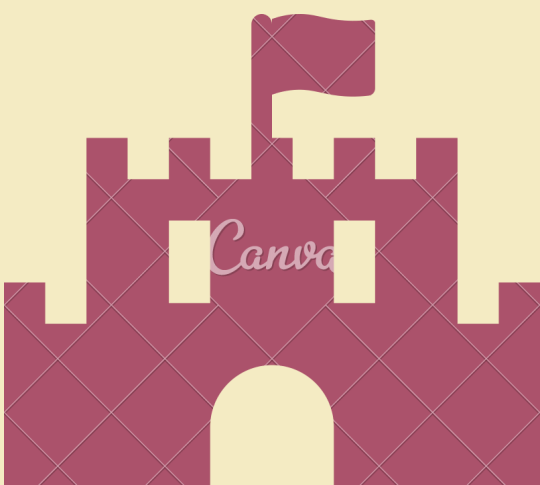
## MUTUAL HOBBIES

Whether it is painting, coloring, doing an experiment, exercising, taking photographs, writing, doing videos or any other form of a hobby, make sure you and your child have something you both enjoy doing.



## MEDITATION

Teaching your child to meditate and be in the moment is very important for their homeostasis. As parents, remember you are a model to your child and they will copy your actions. Create and enjoy a daily meditation with your children.

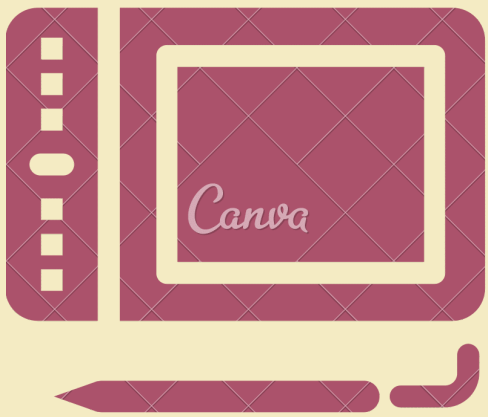


## CREATE A RELAXING SPOT

Create a spot in the house with your child that is made to relax, read and/or quietly play. Use that spot for downtime and make sure to join in with your children as much as possible for them to associate that location to security.

# What to avoid

## ELECTRONICS



For your children, it is important for their vision, sleeping patterns and mental health to have electronic curfews.

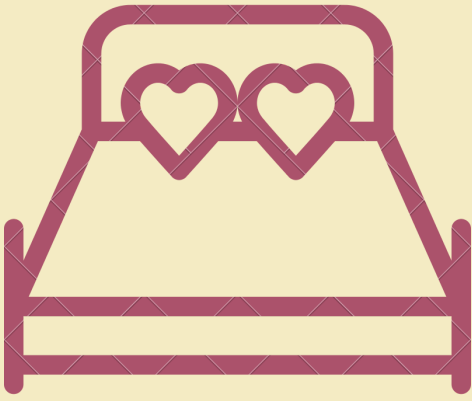
For parents, try not to use electronics as your only refuge. Learn to be in the present.

## SAYING YES TO EVERYTHING



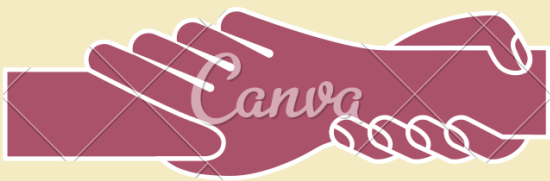
Remember it is important to only accept as much as you can handle. Despite their reactions, children feel safer when they have boundaries and know how to accept the word "no".

## YOUR BEDROOM AS A PLAY AREA



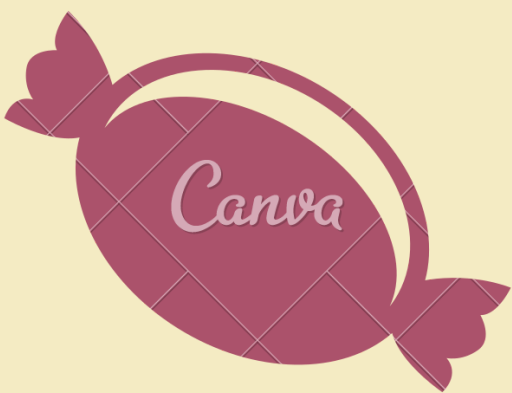
Try to create one place in the house that is your safe haven. Your bedroom should be your safe place: try to keep it clean, cozy, personal and stress-free. If possible, don't let your children play in the area.

## NOT ASKING FOR HELP



More often than not, people are very much willing and want to help. Make a list of loved ones whom you can count on and don't hesitate to call them.

## INSTANT GRATIFICATION



Try to avoid relying on instant gratifications for you and your children. Seeing opportunities to teach your child about delayed gratification is very important. It is very important for emotional development and control.