

PARENT SELF-CARE GUIDE

You can't pour from an empty cup.
Take care of you so you can keep showing up for them.

A GENTLE GUIDE TO HELP YOU REST, REFILL,
AND RECHARGE—ONE STEP AT A TIME.

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tired, or stretched thin.

This guide is here to remind you that taking care of yourself is NOT selfish—it's necessary.

REMEMBER:

- ✓ You are doing the best you can.
- ✓ Your needs matter.
- ✓ Rest is productive.
- ✓ Asking for help is strength.
- ✓ You are enough—just as you are.

Today's Date: _____

My Name: _____

One word I need more of right now: _____

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HOW I'M FEELING TODAY:



Great



Okay



Meh



Struggling



Overwhelmed

WHAT'S TAKING UP MOST OF MY ENERGY?

1. _____
2. _____
3. _____

WHAT'S ONE THING I CAN LET GO OF?

1. _____
2. _____
3. _____

WHAT DO I NEED MORE OF?



Rest



Peace



Support



Joy



Time

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3 DAILY SELF-CARE IDEAS

Small steps. Big difference.

You don't need hours—just a few intentional moments each day can help refill your cup.

- ☐ Take 5 deep breaths before your day begins
- ☐ Drink water and fuel your body
- ☐ Step outside or get some fresh air
- ☐ Listen to a song that lifts your mood
- ☐ Take a break without guilt
- ☐ Do something that makes you smile
- ☐ Say no to something that drains you
- ☐ Celebrate a small win



TIP:
Start with ONE thing from this list today.
You don't have to do it all.

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4 BUILD YOUR SELF-CARE PLAN

Make a plan that works for you.

THINGS I ENJOY (Make me feel good):

- _____
- _____
- _____

SELF-CARE ACTIVITIES I CAN DO THIS WEEK:

1. _____
2. _____
3. _____
4. _____
5. _____



I deserve time, care,
and compassion—especially from me.

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5 MY SUPPORT SYSTEM

You don't have to do it alone.

PEOPLE I CAN COUNT ON:



HOW CAN THEY HELP?



It's okay to lean on others.
Let people love you and support you.

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6 BOUNDARIES & GUILT

Protect your peace.

Boundaries help you show up as your best self.
It's okay to say no.

I CAN SET BOUNDARIES BY:

- Saying no without over-explaining
- Protecting my time
- Choosing rest without guilt
- Surrounding myself with positive people
- Letting go of what I can't control



Taking care of yourself is not selfish—it's essential.

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7 REST, REFILL, RECHARGE

What recharges you?



REST

What helps me rest my body?



REFILL

What nourishes my mind and soul?



RECHARGE

What gives me energy and joy?



You are allowed to take up space.
You are allowed to rest.

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8 SELF-CARE MENU

Pick what you need, when you need it.

WHEN I NEED...	I CAN TRY THIS...	I WILL REMIND MYSELF...
More Energy		
Less Stress		
More Joy		
More Calm		

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9 AFFIRMATIONS FOR YOU

Say these often. Believe them always.

- ♥ I am doing an amazing job.
- ♥ I am strong, even on hard days.
- ♥ It's okay to rest.
- ♥ I am enough.
- ♥ I am allowed to have needs.
- ♥ I am worthy of support and love.
- ♥ I am making a difference.
- ♥ I am proud of myself.

*You are
doing
better than
you think.*

10 MY SELF-CARE COMMITMENT

I choose me, too.

I commit to taking care of myself so I can continue
to take care of my child and my family.

I WILL COMMIT TO:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

*You are doing
an amazing job!*

Your love, your patience,
and your advocacy
change lives—every single day.

*One step at a time.
We're in this together.*



SPECIAL
FAMILIES