

Parenting Education and Family Engagement

Working together to help students be successful in school.

Take Home Tips

Taking Time for Yourself

Tips to remember:

- Commit to caring for yourself. Take responsibility to develop your own unique talents, skills, and mind.
- Maintain your health so you can enjoy your child in the future.
- Create time instead of expecting to find the time. Decide what is important and make time for these things.
- Take control of your time. Be intentional about what you do with your time and use it well.
- Find humor every day. Laughter and humor lighten your mood and attitude.
- Say “No.” Don’t waste your time doing things that you don’t want to be doing.
- Evaluate why you do what you do. Is it because it’s important or does someone else expect it?
- Play – Dream – Enjoy life! Make a list of things you have always wanted to do.
- Find your own special place that you can dream and be nurtured, even if it is only in your imagination. Go there often!
- Start each day with a positive attitude and affirm yourself for what you are doing well.
- Get away from your work, whether it’s at home or away from home. You don’t have to get everything done today – it will be waiting for you tomorrow!



Source: The Field Guide to Parenting

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