



What is Self-Love and Self-Care?

WHAT PARENTS/CAREGIVERS NEED TO KNOW

Self-love is a mindset and way of thinking that regards one's own well-being and happiness, and self-care are actions we can take to maintain this self-love. It is sometimes difficult to practice and incorporate self-love as a parent/caregiver due to lack of time and energy and the fact that often child(ren)'s well-being and happiness take priority.

Why Is Self-Love Important?

- Prioritizing your self-love is crucial to be your true self and the best parent/caregiver possible
- Children learn how to love themselves, manage emotions, and prioritize their health and wellness from how you do this in your life
- Self-care and self-love allow you to respond to your child(ren) lovingly
- Taking care of yourself improves your sustainability as a caregiver

Tips to Improve Self-Care/Love

- Set healthy boundaries and limits for yourself-it's okay to say no!
- Cultivate and practice self-compassion
- Acknowledge and name things you like about yourself
- Make a list of "daily wins" both internal and external
- Commit to and name ONE thing you can and will do after today that cultivates and maintains your personal self-love

Additional Resources

Podcast: [How to Help Children with Low Self Esteem: Building Confidence in Kids](#)

[Self-Compassion meditations](#)

Podcast: [Conscious Parenting for Confident and Successful Kids](#)

