

TOP PARENTING TIPS



Being A Healthy Parent: Look after you! Being a parent requires energy and time, looking after yourself is vital to feeling confident and positive.

- **Take a bath!** Just a few moments relaxing in your own space can relieve stresses and pressures and help you to recharge.
- **Sleep!** Trying to get into a regular sleeping pattern can help you to feel energised and refreshed.
- **Healthy Eating!** It sounds simple but a healthy, balanced diet can help our bodies fight off illness, feel energised and generally improve our well being. Try adding an extra glass of water into your day, or try a new vegetable.
- **Exercise!** This doesn't have to be an expensive gym membership! Take a walk to the shops or cycle through woods. The National Trust is a great source of information for free, local parks and outdoor areas.
- **Be social!** Make sure that you have the opportunity to talk to other adults and enjoy aspects of life that aren't just about being a parent. Think about your networks - friends, colleagues, family, anybody from clubs or church that you attend. Maybe phone or meet up with a friend or family member.
- **Self awareness!** Recognising your own feelings can be key to being a healthy parent. Children will pick up on how you are feeling and often mimic the way you behave so knowing what stresses you out, what makes you angry, what makes you happy and knowing how you react to these feelings can be key to remaining in control.
- **REMEMBER -You are not alone!** There are lots of other parents who face similar situations, worries and concerns. Take time to speak to other parents and carers, look at online blogs/web forums for parents and join local groups.

These tips are some ideas to support parents, to find out more about the work the council does to support local families, or for more information please go to www.centralbedfordshire.gov.uk/families

