

MONTHLY PARENTING TIP FROM ACFC

October 2008



Take advantage of this unique opportunity to learn more about Caring for the Caregiver and other ways to develop courage, responsibility and character in your children by joining an Active Parenting Online Group. This six-week, video-based interactive class is being offered FREE to CWA represented employees in DE, MD, PA, NJ, VA, WV, Washington, DC or can be purchased at a discounted rate for non-CWA represented employees.

Visit ww.ACFCcares.com and click on the Active Parenting link for more information and to register for the next available class.



**Fitting the Pieces of
Your Life Together!**

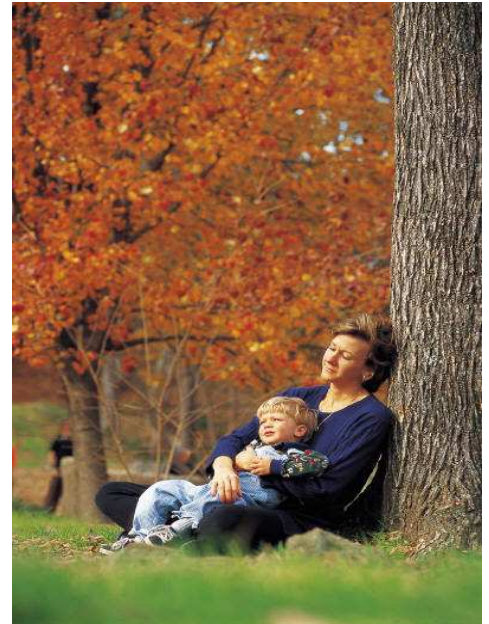
Taking Care of the Caregiver

Self-care is taking care of yourself, which may sometimes be the last thing on your mind when you're busy. But if you don't remember to take good care of yourself regularly, you won't be as good a parent as you could be.

To think more about self-care, imagine that your body is a pitcher of liquid energy, and everyone around you needs some of that energy. Throughout the day, you pour out your pitcher of energy to your friend, to the people at school or work, to your parents, to your siblings, to your spouse if you have one, and most of all, to your children. By the end of the day, you might be bone dry, without any liquid energy for yourself or for anyone else the next day. Have you felt like an empty pitcher at the end of the day?

That is not good for anyone, since we all know how grumpy we can get and how easy it is to get mad when we're tired and worn out.

That's why it's so important to carefully watch the level of energy in your pitcher each day and fill it back up by doing things for yourself that refresh you and keep you going.



Ways to Care for the Caregiver

- **Keep Your Body Healthy**
Take some time away from your children to care for your body, such as exercise or a hot bath.
- **Talk and Visit With Other People**
Make sure you take time to talk with friends, spouses and other adults to keep connected and recharged
- **Clear Your Mind**
Take time when needed, even 10 minutes, to clear the "haze" from too much commotion.
- **Get Organized**
Make simple time management tools such as "to do" lists and a family calendar a part of your home.
- **Decide What You Want To Do About Romance**
It's important to take care of your couple relationship in a marriage or significant relationship. Allow for a little privacy someplace away from home and go out without the kids at times. If you are single, take some time to think about what is best for you and your family and then actively pursue it.