



Advisory Council on Family Care

Monthly Parenting Tip from the ACFC

January 2023

Caring for 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 friends, the people at school or work, your parents, your siblings, your spouse if you have one, and most of all, 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.

To learn more about effective parenting skills, visit the Active Parenting Online Video Library. These helpful videos are offered free of charge by the ACFC in partnership with Active Parenting. Guidance and help are available for parents of children of all ages. To access the Online Video Library, go to the **ACFC website**, click on the Active Parenting tab, and follow the instructions on how to view the videos.

FREE LIFE-CHANGING ONLINE PARENTING COURSES

In these video-based, interactive classes—available 24/7—you'll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

Choose from four available courses:

- **Active Parenting: First Five Years:** For parents of children from birth to age 5
- **Active Parenting 4th ED:** For parents of children ages 5 to 12
- **Active Parenting of Teens:** For parents of preteens and teens
- **Crossroads of Parenting & Divorce:** For divorced and divorcing parents

Continue your experience as an "active" parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

Visit ACFCcares.com for more information and to start your Active Parenting journey today.

