



# Gateway to Success Parents' Newsletter

## Making Time for Self-Care

The life of a parent is filled with soccer practice, play rehearsals, homework help, dinner-time and, if you can fit it in, sleep. Sometimes parents forget about themselves and focus on the rearing of their children. However, it is important for parents to remember to take care of themselves so that they have the physical and emotional energy to take care of their family. Here are some things that you can do to take care of yourself.

- Get a family calendar. Get a large calendar and display it somewhere prominent in your house like on the refrigerator. Assign each family member a different colored pen and schedule in important dates and appointments on the calendar. This way everyone knows what's happening.
- Schedule in some time for self-care. Figure out what helps you relax on a daily basis. Some people enjoy reading while others like to take a jog. Don't forget to put it on your calendar.
- Do things ahead of time. When you have an extra moment, you might want to iron laundry or make lunches. That way you're not rushed in the late evening or early morning.
- Connect with other parents who are raising teens. Raising a teenager can be a difficult job but venting it out with other parents who share the same experience is very helpful. They may also be able to provide you with some great tips and suggestions.
- Family time can also be very beneficial. When you spend time with the people you love, you are feeding your heart and helping to build strong family connections.



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For more information contact the Director of Pupil Services (626) 943-3410

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