

SELF-CARE STRATEGIES FOR PARENTS BASED ON PERSONALITY

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Introverted	Extroverted
Quiet, introspective thinker, feeling	Social Engager, High Energy, doer
<ul style="list-style-type: none"> ✚ These parents may need help from relatives or friends to watch their kids for them occasionally to allow them quiet alone time. ✚ Or, have an early bedtime once per week eg, Sunday – 30 minutes earlier. Rehearse with kids what they can do in the early bedtime. ✚ Steal some extra time from alone time chores time. If you have sitter while you go to the Dr., take 10 minutes to rest somewhere (park bench, bus stop, food court, parking lot) before picking them up. ✚ Invest quality time in your closest friendships. ✚ Practise saying “no” to others without feeling guilty. Recognise that always saying “yes” to others means frequently saying “no” to yourself. 	<ul style="list-style-type: none"> ✚ Join a parenting group in your community – library, recreation centres, church ✚ Volunteer in child’s school or a local community centre or church ✚ Take kids out in neighbourhood – play in parks and meet other parents, attend free public events on holidays ✚ Invite other parent & child out for a play-date to the park or in by your house for a meal. ✚ If you are working, engage co-workers in conversation and foster friendships so that you can take breaks together and talk, or plan after-work connect times. ✚ Join a social media group to meet and converse with new people. ✚ Schedule a regular time once per month to go out.

