

# Taking Care of Yourself

Taking care of your child is a big job, but taking care of yourself is just as important! When you take care of yourself, you will have more energy and feel happier. Self-care means getting enough sleep, eating healthy foods, and doing things that make you happy.

Some parents spend too much time taking care of themselves and not enough time on their kids. Other parents spend too much time on their kids and not enough time on themselves. When you are a “just right” parent, you give time to your children *and* to yourself.

Here are some ways to give yourself self-care:

- Healthy body
- Healthy mind
- Talk and visit with other people
- Get organized