

Taking Care of Your Own Needs



Will Help You to Take Care of Your Child's Needs

1. **Plan a date with your significant other. You need time for your special relationships.**
2. **Spend some time alone. Private time is important to all of us:**
 - Take a long walk
 - Relax in a bubble bath
 - Make phone calls
 - Read a good book
 - Make time for friendships
 - Send e-mails
3. **Ask for help when you need it.**
4. **Take care of your body:**
 - Eat right
 - Exercise
 - Get plenty of rest
5. **Set priorities for the things you feel are most important to you and your family.**
6. **Remember, it is not selfish to take time for yourself as a parent if it makes you more effective and happier with your children.**
7. **Trade sitting services with other parents, neighbors, and church members.**

We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

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