

TAKE CARE OF YOURSELF, SO YOU CAN CARE FOR YOUR KIDS!

KEEP A CALENDAR

Keep a calendar with major events and doctor's appointments. When was the last time you or your child got a physical? Make sure you're up to date with what you need to do to stay healthy.

HUMOR

Keep your sense of humor. Laughing helps your body fight stress in many ways.

TALK

Talk about your feelings with someone. Parenting can be hard, but it helps to tell someone else what you're going through.

SLEEP

Get enough sleep. Feeling tired may affect your mood and temper.

EXERCISE REGULARLY

Even if it's just a walk, it helps reduce stress. Try to do some sort of exercise at least once a week.

MEAL PLANS

Planning your meals in advance means fewer trips to the grocery store, less time worrying about what's for dinner, and less temptation to eat fast food.

EAT RIGHT

A good diet will keep you healthy and makes you better able to deal with stress.

