



it starts
within

Practice Self-Care

**When you care for *others*,
you must care for *yourself* too.**

Self-care gets a lot of talk, but what is it really about? Self-care is anything you do to care for your well-being. Self-care can look different at different stages of life. It can be as simple as prioritizing your basic needs or carving out time to do something you love.

How can you fit some self-care into your week?

Movement:

Plan physical activity that feels good to you.

Rest:

Short on sleep? A nap, early bedtime, or just some quiet time can help.

Connection:

Get together with people who help you feel your best.

Nutrition:

Good food fuels your success.

Joy:

Make time for activities that make you happy.

Nature:

Sunlight and fresh air can lift your mood and improve your health.

Check in to see if you are getting the self-care you need. Even a few moments can recharge you. Find the time of day that works best for you, and ask a trusted friend or family member if they can watch your children while you practice self-care.



LEARN MORE

PASS IT ON!

Taking time for the activities you love is a great way to show your kids how to put their happiness first. Check out Sparkler, a mobile app that helps parents to check in on how their child is doing against key milestones – and provides activities to spark their early learning.



Connecticut Office
of Early Childhood