

#10  
of 10

First 2000  
Days of life



# Self-care for Parents and Caregivers

## Why is it important?

- Parents and carers are the foundation for child and family wellbeing now, and in the future
- It is easier to care for and nurture children when parents and carers feel calm and supported
- Parents and carers need to recharge to meet the demands of parenthood
- Family health and wellbeing relies on supportive relationships and social connections

## What to do?

- Connect with your friends, family, and child and family health nurse for support
- Join a parent or social group
- Be kind to yourself and take some time out to do the things you enjoy
- Rest and sleep when you can
- Gentle exercise is important. Go for a walk, swim, or do an easy exercise session
- Eat well and drink plenty of water
- Share the load with your partner, family and friends and accept help when offered

Scan here to learn more and contact local services >>

