

#10  
of 10

First 2000  
Days of life



# Self-care for Parents and Carers

## Why is it important?

- Parents and carers are the foundation of child and family wellbeing
- It is easier to care and nurture children when parents and carers feel calm and supported
- Family health and wellbeing relies on supportive relationships and social connections

## What to do?

- Connect with community, friends and mob by joining a parent group or social group
- Be kind to yourself and take some time out to do the things you enjoy
- Rest when you can
- Gentle exercise is important
- Eat well and drink plenty of water
- Share the load with your partner and accept help when offered

Scan here to learn more and contact local services >>

or call Child and Family Health Nurses on  
1300 244 288 for more info

