

Recharge & Refuel: A Parent's Guide to Self-Care Resources

Being an attentive parent requires taking care of yourself! This handout offers a variety of resources to help you prioritize self-care and find what works for you.

Websites:

- **Flourish for Mums:** Offers practical strategies and resources for self-care and acceptance for parents. ([Search flourish for mums website])
- **The Gottman Institute:** Provides research-based information and resources on healthy relationships, including self-care for parents. ([Search gottman and gottman institute ON The Gottman Institute gottman.com])
- **Mindful:** Features articles, meditations, and courses to help cultivate mindfulness and well-being, a key component of self-care. ([Search mindful org])

Podcasts:

- **The Mom Hour:** Explores a variety of parenting topics, including self-care for moms (and dads!). ([Search the mom hour podcast])
- **Self Love for Parents:** Offers practical tips and inspiration for overwhelmed parents to prioritize self-care and build resilience. ([Search self love for parents podcast])
- **Therapy for Black Girls:** While the focus is on Black women's mental health, this podcast offers valuable insights on self-care and coping mechanisms that can benefit all parents. ([Search therapy for black girls podcast])

Newsletters:

- **The Balanced Mama:** Delivers weekly inspiration and practical tips for busy moms to find balance and prioritize self-care. ([Search the balanced mama newsletter])

- **The DaddiLife:** Aimed at fathers, this newsletter provides encouragement, support, and self-care strategies for modern dads. ([Search the daddilife newsletter])
- **The Imperfect Parent:** Offers relatable and honest insights on navigating parenthood, with a focus on self-care and building a supportive community. ([Search the imperfect parent newsletter])

Books:

- "Light Mommy, Heavy Load: How to Ditch the Guilt, Keep Your Cool, and Find Yourself During the Chaos of Motherhood" by Lisa Rasmussen ([Search light mommy heavy load how to ditch the guilt keep your cool and find yourself during the chaos of motherhood by lisa rasmussen ON Amazon.com])
- "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" by Brené Brown ([Search the gifts of imperfection let go of who you think you re supposed to be and embrace who you are by brené brown ON Amazon.com])
- "Chill: The Art and Science of Feeling Calm" by Calm.com and Chloe Brotheridge ([Search chill the art and science of feeling calm by calm com and chloe brotheridge ON Amazon.com])

Remember: Self-care is a journey, not a destination. Explore these resources, find what resonates with you, and start small. A well-rested, healthy you is a better you for your family!