

Nurturing You While You Nurture Them: A Note on Self-Care for Caregivers

Dear Caregivers,

Whether you're a parent, grandparent, child care provider, or all of the above—you give your energy, patience, and heart every single day to the children in your care. That is no small thing. It's beautiful and brave... and it can also be exhausting.

This month, we want to gently remind you of something important: **your well-being matters, too.**

You Can't Pour from an Empty Cup

Caring for children requires being present, attentive, and emotionally available—qualities that can wear thin without moments to reset. It's easy to feel guilty for needing time to yourself, but self-care isn't selfish. It's how we sustain the love and energy we give.

Simple Self-Care, Right Where You Are

Self-care doesn't have to mean a spa day or a weekend getaway. It can look like:

- **A five-minute deep breathing break** during nap time or after drop-off.
- **Enjoying your coffee while it's still hot**—even if it's just once this week.
- **Saying “no”** to one thing that drains you.
- **Listening to music, journaling, stretching, or stepping outside** for a few deep breaths of fresh air.

The key is not the size of the act—it's the intention. You're telling yourself: *I matter, too.*

Let's Talk Boundaries

Children thrive with loving limits, and so do we. Setting boundaries around your time, space, or energy isn't just helpful—it's healthy. Here are a few examples to consider:

- “I'm happy to help, but I need a moment first.”
- “Let's take a break and come back to this.”
- “Today we're keeping it simple.”

Boundaries help you show up more fully—not less—for the people who depend on you.

Gentle Reminders

- You don't have to be perfect to be deeply impactful.

- Kids don't need you to be everything—they just need you to be *you*, grounded and present.
- Taking care of yourself **is** taking care of them.

Let's make space for rest, joy, and softness—even in small ways. You deserve care, too.