

WHY SELF-CARE IS KEY FOR POSITIVE PARENTING



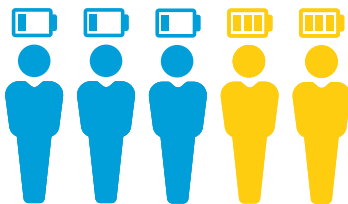
WHEN PARENTS LOOK AFTER THEMSELVES, IT NOT ONLY BENEFITS THEIR WELLBEING BUT THEIR CHILDREN'S TOO

Most parents know it's important to look after themselves. But how do they find the time, energy or resources to do it consistently? It's not always easy. However, self-care is vital to positive parenting.

Self-care is linked to better mental health and less fatigue for parents.



Small acts of self-care make a big difference. Think regular, realistic changes.



3 in 5 parents don't routinely do anything to relax and re-energise.

When parents feel more centred and calm, they can respond more positively to challenging moments.



Children learn a lot by watching their parents, so it has a flow-on effect.

Parents can't pour from an empty cup

To effectively take care of their children, they must first take care of themselves.



Children learn life skills, like



SELF-REGULATION



RESILIENCE

It's a win-win for everyone

Triple P's research-backed programs help parents and carers around the world to raise happy, resilient children.

LEARN MORE ABOUT THIS TOPIC

Get insights into how self-care helps the whole whānau.

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