



County Wicklow Partnership



## Covid-19 Survival Tips for Parents #2

### Time for Me (Mums, Dads, Carers)... ..

Survival Tip #1 looked at routines for the children however we tend to forget about the person that is steering the ship. **Think... ..** Who is the person air hostesses instruct to put the oxygen mask on first???? Well... .. it's YOU!

- ☺ How do you like to start your day? Is it after a good strong cup of coffee, a shower? However you like to leap into a day, make time for you
- ☺ Keeping the routine in the house **CONSISTENT** means you can schedule time for yourself.
- ☺ Exercise is not just good for the body it's good for the mind. So if the kids are out running mad, run mad with them. Go back to your youth and teach them all the games you used to play as a child. Now you're really multi-tasking, you're exercising, teaching, playing, bonding, creating memories and all the while introducing a bit of self care into your day.
- ☺ Eat healthy, everyone in the house will benefit from this.
- ☺ Get enough sleep. Sleep is how we charge our batteries to ensure we are ready to steer the ship all over again tomorrow.

### Idea for Today



We would like you to introduce the concept of “present to self” into your daily routine. It does not have to be elaborate or expensive. It could be a little bit of chocolate when the kids are gone to bed or a hot bath. It's up to you but make sure, you make time for you!!!

**Stay safe and have FUN**