

fill

YOUR CUP

Breathe First
Start your morning
with 3 slow, deep
breaths.

Stay Nourished : Eat
something that fuels
your body.

Take a Micro-Break:
Even 2 minutes of
stretching, or
walking outside,

Be Kind to Yourself :
Replace self-
criticism with a
gentle phrase "I'm
doing my best."

Name a Win : Each
evening, think of one
thing (big or small)
you did well today.

Pause with Intention
Before responding to
your child in a tough
moment, pause, breathe,
and choose patience.

Connect - Share
a laugh, hug, or
short message
with a friend or
loved one.

PARENT SELF-CARE REMINDER SHEET

Caring for a child with unique needs can be rewarding, but it also brings added stress. That's why we created this printable Parent Self-Care Reminder Sheet a quick, easy tool designed to support parents and professionals in managing stress while staying present for the children they care for.

5-MINUTE STRATEGIES

Life with children can feel non-stop, so we've created strategies you can use in short bursts—anytime, anywhere. These practices don't require special tools or a quiet room, just a few mindful minutes to help you reset:



Mindful Breathing: Take three slow, deep breaths. Inhale through your nose, hold for a moment, and exhale fully through your mouth. This helps calm your nervous system and lowers stress quickly.

Grounding Exercises: Notice five things you can see, four you can touch, three you can hear, two you can smell, and one you can taste. This pulls your focus away from racing thoughts and anchors you in the present.

Positive Reframes: Pause and gently reframe a stressful moment. Instead of "My child won't listen," try "My child is showing me they need support in a different way." Reframing helps shift perspective and reduce frustration.

VISUAL REMINDERS TO PAUSE AND RESET

Sometimes the hardest part of self-care is simply remembering to do it. That's why visual reminders can be so powerful, they act as gentle cues in your daily environment to pause and take a breath.

This resource includes simple, easy-to-follow prompts that you can place where you'll see them most:

On the fridge to catch your eye during meal prep or snack time.

In your car to ground yourself before pick-up, drop-off, or errands.

One Deep Breath

Pause for just a moment.
Inhale slowly through your nose...
Hold gently...
Exhale fully through your mouth.
Repeat once more if you need it.

This single breath is a reset
you are calmer, clearer, and ready
to begin again.

