

LOOKING AFTER YOURSELF

Raising children is an important caregiving role. Looking after yourself helps you to fulfil that role the best you can.



Be kind to yourself

Self-compassion is being kind to yourself, even when things don't go to plan. It's being aware of your feelings and treating yourself with the same warmth and understanding you'd give to someone you care about.

Self-compassion:

- supports your wellbeing
- helps you feel less stressed so that you're better able to meet your child's needs
- helps you to be a good role-model for your child - you're showing them that it's OK to make mistakes, forgive yourself and try to do better next time

Try this exercise to help get into the habit of self-compassion.



Pause and notice your thoughts. Try to spot when you're being hard on yourself.



Remind yourself that raising children is a big and important job



Say something kind to yourself



Make time for self-care

Self-care is not a reward; it is essential for you and your family. Regular self-care will help you feel your best so you can be the best parent/caregiver possible.



For extra support

Head to Health - Mental health support service

Available Monday - Friday, 8:30am - 5pm (AET). Call 1800 595 212 or [click here for their website](#)

BeyondBlue - Brief counselling service

Available 24/7. Call 1300 224 636 or [click here for their online webchat option](#)

Pregnancy, Birth & Baby - Support and information service with child family health nurses

Available 7 days a week, 7am - midnight (AET). Call 1800 882 436 or [click here for their videocall option](#)

Get Healthy - Free telephone-based health coaching

Available Monday - Friday, 8am - 8pm (AET). Call 1300 806 258 or [click here for their website](#)

If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#) | [Building Strong Foundations \(BSF\)](#) for [Aboriginal Children, Families and Communities](#), or GP.



Health
Hunter New England
Local Health District



HNEkidshealth
Children, Young People & Families



Healthy Beginnings for HNEKids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community.

We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.