




# THE ABC'S OF SELF-CARE

Looking after yourself doesn't have to be complicated or take long. Do something that supports a more positive mindset, and helps you feel more in control, through small actions that can be repeated.



For  
Parents/  
Carers

	<p>A sense of <b>achievement</b> can come from one small action</p>	<ul style="list-style-type: none"> <li>• Read 1 page in a book</li> <li>• Water the plants</li> <li>• Tick a task off your to-do list</li> <li>• Do something creative</li> </ul>
	<p>Looking after our <b>body</b> is really important, but it doesn't have to be a 30-minute work-out</p>	<ul style="list-style-type: none"> <li>• Eat a healthy snack</li> <li>• Drink some water</li> <li>• Walk around the block</li> <li>• Dance to your favourite song</li> </ul>
	<p>Regular <b>connections</b> support your relationships with others</p>	<ul style="list-style-type: none"> <li>• Make a phone call</li> <li>• Book in a coffee date</li> <li>• Send a text/message to a loved one</li> <li>• Connect with country and spend time outside</li> </ul>

If you have any concerns about your child, contact your local [Child and Family Health Nurse](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), or GP.



We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.



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