

# BEING KIND TO YOURSELF

As parents, we can often be hard on ourselves. It's normal to feel overwhelmed or unsure when we try to meet many different demands at once. Just remember, you're not alone in feeling this way.


Self-compassion can help you handle the challenges of raising children when things aren't going as planned.

Be kind to yourself in knowing you are doing your best as often as you can.



For  
Parents/  
Carers

## Tips for self-compassion

- You are human, mistakes happen. It is how you learn from, and grow from, these experiences
- Keep things in perspective by recognising that there are things that you aren't able to control
- Remember, there is more than one way to do things
- Don't compare yourself or your situation to others
- Reach out for support. Help is always available 



## 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](#)

### 13YARN - Free crisis support service

Available 24/7. Call 13 92 76 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](#), [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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