



## ♥ Self-Care Checklist for Parents

Taking care of **yourself** is essential to **effectively supporting your child**. Prioritizing your **well-being** helps you stay **patient, consistent, and emotionally available**. Use this **checklist** to ensure you're making time for **self-care each day**.

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### ✓ Daily Self-Care Tasks

*(Choose at least one per day to recharge and reduce stress.)*

- ✓ **Take 10 minutes of quiet time** (deep breathing, meditation, or simply resting).
- ✓ **Go for a short walk** or engage in light exercise.
- ✓ **Drink enough water** and eat nourishing meals.
- ✓ **Get outside** for fresh air and sunlight.
- ✓ **Engage in an activity that brings you joy** (reading, music, art, or a hobby).
- ✓ **Prioritize sleep**—aim for a restful bedtime routine.

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### 🤝 Social & Emotional Support Strategies

*(Finding support strengthens your ability to manage daily challenges.)*

- ✓ **Connect with a friend, partner, or family member** for a conversation.
- ✓ **Join a support group** or online community for parents of children with ADHD or learning differences.
- ✓ **Set boundaries and ask for help when needed**—it's okay to take breaks.
- ✓ **Celebrate small parenting wins**—acknowledge your efforts and progress.

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### 📝 Personal Reflection Prompts

*(Writing down your thoughts can help process emotions and clarify next steps.)*

- ✓ What was one moment of connection I had with my child today?
  - ✓ What went well today, and how can I build on it?
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- ✓ What was a challenge today, and how did I handle it?
- ✓ What is one thing I can do for myself tomorrow to feel more balanced?

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### 💡 Need Support in Balancing Parenting & Self-Care?

Book a **free 30-minute consultation** for guidance on **stress management, emotional regulation, and building a self-care routine** that works for you.



[Schedule Here](#)

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### Empower • Educate • Elevate

✉ **Contact:** [TrottaLearningSolutions@gmail.com](mailto:TrottaLearningSolutions@gmail.com)

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By taking **small, intentional steps** toward **self-care**, you create a **stronger foundation** for both **yourself and your child**.

**You deserve support, rest, and encouragement**—taking care of yourself is **not a luxury, it's a necessity**.

💖 **Which self-care action will you prioritize today?**

*Warmly,*

*Tom*