WANT THE BEST FOR YOUR CHILDREN

You already are the best!!!

Don't forget to take care of yourself!

PARENTAL SELF-CARE

BY:
ANGELA WANG
5 Reasons Why Parental Stress Management is Important

Benefits parents’ emotional well-being

Children stress and well-being

Effects on children’s social cognition

Interactive effects on children

Children’s internalizing behavior

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Parental Self-care

Go for a nature walk/hike

5 Minutes Mindfulness Meditation

Practice Your Favorite Hobby

Have Some Healthy Meals

Listen to music

Have Some Healthy Meals