

Dad, Partners, and Support Person's Guide to Navigating Family Self-Care



Get Your Schedule Game On

- **Team Schedule:** Sit down with your partner or family and create a shared schedule. Designate times for meals, chores, and individual 'me-time.' For instance, if mornings are hectic, plan for a calming family dinner or bedtime routine.
- **Flexibility Matters:** Understand that kids can throw a curveball into plans. Embrace changes and adapt the schedule as needed. Maybe the afternoon nap goes longer than expected – that's okay! Flexibility is key.



Embrace 'Good Enough'

- **Drop the Pressure:** Encourage your family to let go of perfection. If you're preparing a meal together, focus on enjoying the process rather than achieving Michelin-star perfection. Quick and easy meals are just as awesome.
- **Ease Stress:** Remind everyone that stressing over every detail doesn't make for a happier home. Aim for completion rather than perfection. Kids won't care if the laundry isn't perfectly folded!

Embrace Help

- **Share Responsibilities:** Step up and share the load. Help with household chores or childcare tasks. For example, take charge of bath time or bedtime stories to give your partner a breather.
- **Support 'Me-Time':** Encourage your partner to take breaks or pursue hobbies. Offer to watch the kids while they go for a walk or indulge in a hobby. Sometimes, a bit of solo time works wonders!



Extra Tips:

- **Quality Time Matters:** Plan activities that allow for bonding. Maybe it's building a fort together or going on a family hike. Quality time strengthens connections.
- **Lead by Example:** Show your family the importance of self-care. Take breaks, practice self-care rituals, and let them see you prioritizing your well-being.

Remember, your role is vital in fostering a balanced and happy family. Support, understanding, and active involvement make a world of difference. Stay flexible, embrace imperfection, and keep championing the self-care journey for your loved ones!

You've got this, superhero!