

Self-care for parents and support people



When you are a parent or a carer, you might find that looking after your child means that you have less time to look after yourself.

This is normal.

When your child goes through puberty you might find that they need a lot more support.

They might need more of your:

- attention
- time
- help
- patience

Sometimes this can be hard on parents and carers.

It is important to look after yourself so you can give your child the extra help they need as they go through puberty.



What is on this page?

This page is about how you can have good self-care.

It has information on:

- what self-care is
- different types of self-care for you to try



What is self-care?

Self-care means looking after yourself.

It is very important to include self-care in your life, especially if you are supporting other people.

Making time for self-care means that you are looking after your physical and mental health.

It can also help you to feel good and confident about supporting your child.

Self-care is different for everybody.

Some people might like having massages, other people might like to have a cup of tea and read a book.

It is up to you to decide what self-care is best!

When you take care of yourself, you are able to take better care of others.

Making time for self-care is important because you are important.

To help decide what kind of self-care is best for you, have a think about these questions.



- How do I feel today?
- Is there a time during the day I can have time to myself?
- What makes me happy?
- What makes me feel calm?
- Who can I ask for help?

Different types of self-care to try

1. Enjoy the outdoors and exercise

It can be good for your health to go outside and exercise.

When you are a parent or carer, it can be hard to make time to go outside or do exercise.

Here are some quick ways you can enjoy the outdoors and exercise.



- Have your morning coffee outside
- Take your child outside and walk around the park or playground
- Try a nature walk or scavenger hunt
- Play games and sports

- Have some time to yourself before or after appointments or shopping trips.

You could sit outside at a café or have a walk in the park

2. Take care of your health

It is important to look after yourself and your health.

Looking after your health can mean talking to your doctor about what checks you should have and whether you have any worries that they can help you with.

You should talk to your doctor if you feel:

- overwhelmed
- very tired
- depressed
- anxious



Your doctor can help you by making a mental health care plan.

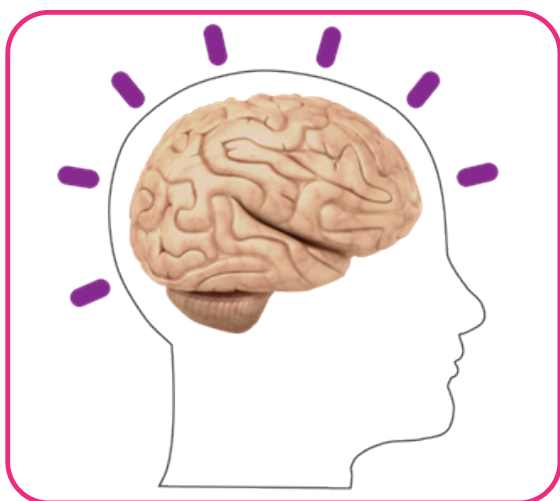
This will mean that you can see a psychologist or counsellor and get some money back from Medicare.

Your doctor can tell you about services in your area that can help you.

You can also get lots of information about mental health from [Beyond Blue](#).

Your workplace might also have an Employee Assistance Program (EAP).

Employee Assistance Programs can help you with your mental health.





Here are some links to find more information about mental health support:

- [Beyond Blue](#)
- [Medicare information](#) about mental health plan
- [Carers gateway](#)
- [Mensline](#)
- [Young carers network](#)

If you need to speak to someone NOW, contact the [Beyond Blue immediate support line](#)

3. Have private time

Sometimes parents and carers can feel like they do not have any private time.

Private time is important for everyone, not just your child.

When you take private time for yourself, you are showing your child that it is important.



Try to take at least 15 minutes every day for yourself.

You can try:

- having a lie down
- using an app for some relaxation exercises
- watching an episode of your favourite TV show or a movie



You can see some free mindfulness and [meditation apps](#).

You can learn ways to make sure everyone in your family gets private time by reading the [Personal space and boundaries](#).



4. Have a good support system

Being a parent or a carer can be hard sometimes.

It is important to have people you can talk to if you need help.

There are lots of people you can talk to, even if you feel alone.

You can talk to:

- a parents group
- friends
- family members
- your doctor
- a disability or autism support group
- a counsellor



Talking to other parents of children with intellectual disability and autism is also good for:

- sharing resources and information
- sharing experiences
- giving and receiving support

To find parent and carer support near you, you can look at the [referral list](#).



Resources:

Beyond Blue

<https://www.beyondblue.org.au/>



Medicare information about mental health plan

<https://www.healthdirect.gov.au/mental-health-care-plan>



Carers gateway

<https://www.carersaustralia.com.au/support-for-carers/carer-gateway/>



Mensline

<https://mensline.org.au/>



Young carers network

<https://youngcarersnetwork.com.au/>



Beyond blue immediate support line

<https://www.beyondblue.org.au/get-support/get-immediate-support>

Mindfulness meditation apps

<https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps#meditation-studio>



What to read next:

- [When to think about getting help](#)
- [Referral list](#)

**For more information go to the
Planet Puberty website**

www.planetpuberty.org.au