

# Parent Tip Sheet

## Taking Time Out for Yourself

### Taking time out for yourself

**Taking a break is an important part of looking after yourself.**

Many parents find it difficult to take a break. Some are unsure about leaving their children with others, or feel guilty about taking time off. Sometimes just finding time in a busy day can be a challenge. However, even a few minutes every now and again might help you 'charge your batteries'.

Everyone is different in how they like to take a break. Some people like to sit and read, or go for a walk, while others may like to catch up with friends or go shopping. **Taking time out for yourself is most effective when it is enjoyable and relaxing, and something you look forward to.**

Many parents agree that taking a break is important, but making it happen can be a challenge.



**Here are some things to consider in making 'taking time out' happen for you:**

- Give yourself permission to take time off
- It's OK to have 'time out' more than once a day
- Plan for it - make a time for it to happen
- Variety is important. Think about different ways you can have time out both at home and out of the house.
- You can enjoy taking time out on your own or with the family
- Think about how you can overcome the barriers to taking time out for yourself such as not having time, or not having someone you can call on for babysitting.

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**Please write down:**

One or two things that you like to do:

What gets in the way of taking time out for you?

What can you do to make it happen?

Who can help?

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