FREE SELF-CARE WORKSHEET FOR PARENTS

Filling *your cup*

Parenting asks for so much of you. Taking care of yourself is not selfish. It is part of taking care of your family. When you are rested and supported, you have more patience, more joy and more of yourself to give.

How full is my cup?

Fill one circle for each (1 is empty, 5 is full).

Sleep and rest	○ ○ ○ ○ ○
Time to myself	○ ○ ○ ○ ○
Moving my body	○ ○ ○ ○ ○
Eating well	○ ○ ○ ○ ○
Time with friends or my partner	○ ○ ○ ○ ○
Fun and things I enjoy	○ ○ ○ ○ ○
Support with the load	○ ○ ○ ○ ○
Patience with my kids	○ ○ ○ ○ ○

Signs my cup is running low

e.g. snapping, feeling numb, resenting small requests, constant tiredness

What fills me up

Think back to who you were before kids, and who you are now.

10 minute resets

1 Before the day starts

A few quiet minutes before everyone wakes: a warm drink, stretching, reflection or simply sitting still.

2 In the car or the bathroom

Three slow breaths, shoulders down, jaw unclenched. It counts.

3 Swap with someone

Trade an hour of childcare with a partner, family member or friend, and use it for you.

4 Lower the bar

Paper plates, a simple dinner, a messy house. Good enough is good enough.

You don't have to do this alone.
Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

Find your therapist

SELF-CARE FOR PARENTS · FILLING YOUR CUP

My plan for this week

My non-negotiables

The few things I protect, even on hard weeks.

Help I will ask for

Who can take what off my plate?

I will say no to...

I will say yes to...

Something fun with my kids

Something just for me

When I lose my cool

Every parent has hard moments. What matters most is the repair.

1. Pause. Step away and calm your body before you respond.

2. Own it. "I yelled, and that wasn't okay. I'm sorry."

3. Reconnect. A hug, a talk, or time together shows your child you are still safe.

A kind word to myself

What would you say to a friend who was parenting through this season?

If you are feeling exhausted, hopeless or not like yourself for more than two weeks, including after having a baby, please talk to your doctor or a therapist. Support is available.