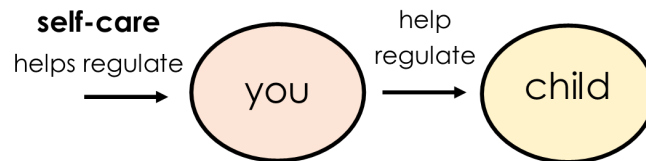




# Wellness & Safety

## Self-Care

In order to best care for your child, you must make sure your own needs are met. When you are taking small moments for yourself, you are being an example for your own child. Making sure to take time to de-stress and check-in with your own feelings can help to be present when your child has some big feelings of their own.



Write a few ways you are taking care of your own needs:

What are some new self-care strategies you would like to try, or things you would like to do more of?

## Emotional Safety

Emotional safety comes from within. It is being able to know our feelings and then allow yourself to really feel them. Teaching your child to correctly name and express their feelings can help build the feeling of safety. Creating a space to build your child's confidence and self-esteem will be a critical part for your child's future.

What emotions do you find difficult to experience?

How do you respond to your child when they experience those emotions?

List the people in your life that you feel safe showing tough emotions to:

What qualities do these people have that make you feel safe?