

Self-care

Being the parent of a baby with developmental delay can be stressful. Remember to give yourself regular self-care breaks:



If you only have a few seconds:

- Try taking 3 slow breaths in through your nose and out through your mouth.
- Affirm yourself by saying out loud "Taking care of myself makes me the best parent I can be".



Try and take a longer break by asking a family member or friend to look after baby for an hour or so. Then you can:

- Seek out a parent support group where you can learn from others in similar situations. Some of these groups meet in person and others meet online.
- Arrange to meet up with family or friends who are supportive of you
 - Catch up on some well-deserved sleep.

