



## BUILDING HEALTHY HABITS

### Love and Health Go Together

#### Hey families,

As parents and caregivers, we spend so much time caring for our children and our homes that it's easy to forget about our own health. We often think of love as what we do for our children, but love also shows up in how we care for ourselves. This month, we want to gently remind parents that caring for your own health is one of the most loving things you can do for your child.

Many parents put themselves last. We skip meals, delay doctor visits, or push through stress because there is always so much to do. Over time, that stress can affect our bodies, our mood, and how we feel each day.

#### Love starts with you.

Caring for your health does not mean doing everything at once. It can start with small steps, listening to your body, resting when you can, drinking more water, or scheduling a check-up. When parents take care of themselves, they are better able to care for their children.

♥ Caring for yourself is part of caring for your child. Love and health go together ♥

### Early Childhood - HRL Preschool

Caring for little ones can be joyful and exhausting. The early years ask a lot of parents and caregivers. It is normal to feel tired, overwhelmed, or unsure some days.

#### ♥ Gentle Reminders for Parents of Little Ones:

- When your child rests, it's okay for you to rest too
- Some days, a short nap matters more than the dishes
- Dinner can be simple on hard days
- Routines help create space for children and parents
- One small moment of care for yourself is enough

During these phases, caring for yourself can feel hard. Many parents use quiet moments to catch up on chores because there isn't time during the day.

**But rest matters too.** Routines, like bedtime, can help create small moments to pause and check in with how you're feeling. Even a short break can make a difference.

### Resource Family Corner

Sometimes children see us in ways we don't expect. Let's try a fun family moment by asking your child what they think helps you feel good, happy, or calm.

#### You can ask questions like:

- "What do you think helps me feel better when I'm tired?"
- "What makes me smile?"
- "What do I do when I need a break?"

#### For younger children or children who don't have many words yet, you can:

- Let them point to pictures
- Watch what they bring you when you're tired
- Notice how they respond when you rest or slow down

**Children notice more than we think.** These small moments can help families laugh, connect, and learn how care looks through a child's eyes.

