

PROJECT: TAKING CARE OF ME



ASK FOR HELP

*Never feel your problems are not worth talking about.
We all need help - pick up the phone and speak to organisations that can help.*

GET INVOLVED

Find your tribe - there are literally thousands of parents in same boat as you - get involved with local parent support groups

PLAN & GROW

SEND Parents are expert planners - you have to be. Don't feel you cant have plan B though and remember your childs needs change as much as yours.



ASK FOR FLEXIBILITY

Don't be afraid to ask your employer to consider a more flexible arrangement for you if your child requires intensive care.

CARVE OUT ME TIME

*You must, you have, to for your own well being and that of your child.
Even if its a ten minute break - make sure your have respite and treat yourself*

MENTAL HEALTH SUPPORT

If you feel it is all too much speak to professionals. CBT, Couples Counselling, talking really can hekp.