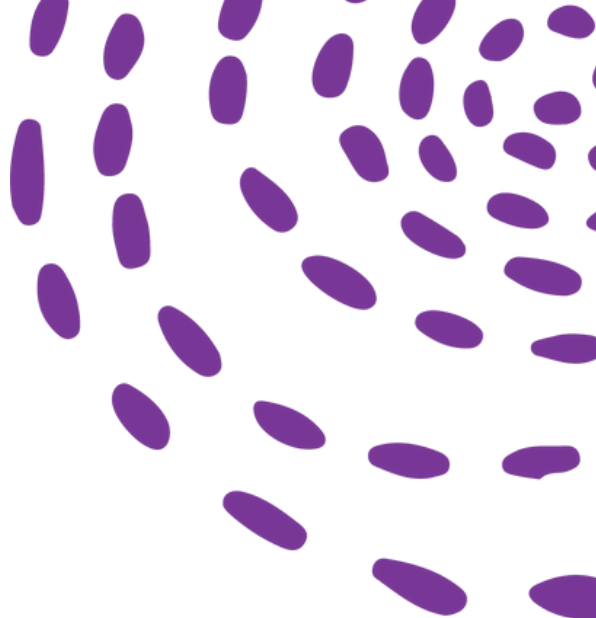




Looking after you



About this guide



Taking care of a child with disability can make you feel good but it can be hard.



You need to be healthy and happy too.



Taking care of yourself helps you be a good parent.



Here are some tips to help you take care of yourself.

Tips to look after you

1



Ask for help from:

- Family
- Friends
- Other parents

Having people to lean on is good for your **wellbeing**. Wellbeing is how you feel about yourself and your life.

2



Keep yourself healthy. You can try:



Eat healthy foods.



Move your body or play sports.



Get lots of sleep.

3



Find free things to do near you. This can help you make friends and do something fun.

4



Talk to other parents. They will understand how you feel. You can also ask them questions.

5



Keep working if you have a job. This will help you meet other people.

6



Tell your boss about your child. You can ask to work less or work from home.

7



Take a break. You can have a coffee. You can go to an exercise class. You can watch a movie with a friend.

8



Ask for help. Talk to your doctor if you are feeling down. They can get you help to feel better.

9



Talk to Kiind. We can answer your questions and help you find people like you.

Want to know more?



www.kiind.com.au



Call Kiind (08) 6164 9806



Email hello@kiind.com.au