



# What about me? Self Care for parents



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10/11/25

Christ the Saviour  
Primary School

# Today's session aims to :



Normalise the  
different feelings  
we can have about  
parenting



Look at some  
wellbeing tools to  
support you in caring  
for yourself



Let you know what is  
going on in our school  
community

# Common stresses on Parents

**Practical  
Everyday  
Stressors**

**Child  
related  
stressors**



**Financial and  
workload  
related stressors**

**Emotional and  
Physiological  
stressors**

# Comparison struggle



“Parenthood is not a thing that you can fully understand until you’re in it. And then you spend the rest of your life trying to catch up.”- Paul Reiser

You know you've grown a lot as a parent when you watch your kid lick something in public and think, "Eh. He's licked worse."



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# You are not alone

## Unicef UK's Research on parent/ carer wellbeing showed that

- **49%** reported feeling overwhelmed, **43%** anxious, **36%** unsupported, **26%** lonely “all or a lot of the time” in the past 12 months. [The Guardian](#)
- **83%** believe cost of living is making things harder; **68%** cite lack of childcare; **64%** fewer hours to spend with children; **41%** fewer local support services. [The Guardian](#)



# How can I stop comparing myself?

1. Notice: “I’m comparing myself to (other parent).”
2. Name the trap: *Comparison/All-or-Nothing Thinking*.
3. Challenge: “Am I seeing the full picture?”
4. Reframe: “I’m doing my best, and that’s enough.”
5. Act: Focus on one parenting action you can control today.



# Where can I start with self care?

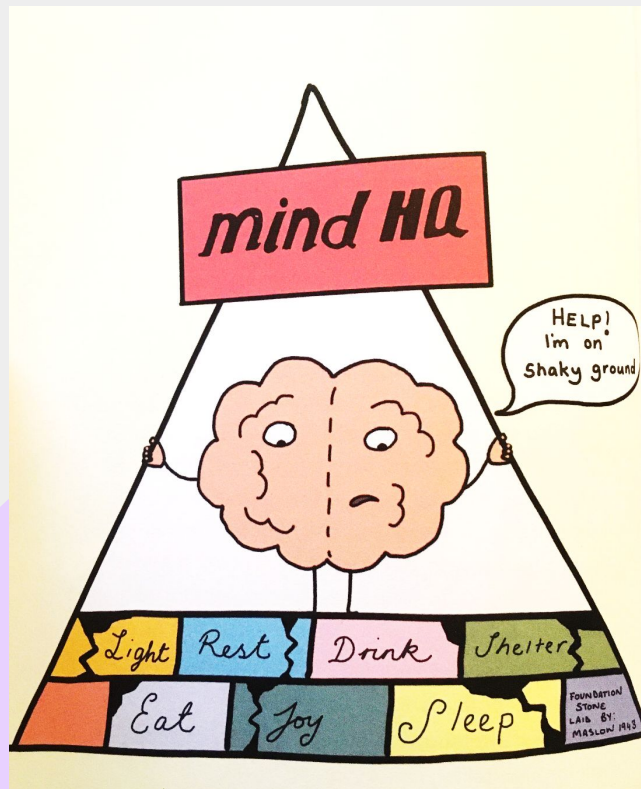


The 1% Rule for self-care suggests focusing on making very small, incremental improvements each day, leading to significant, compounding progress over time rather than attempting drastic, unsustainable changes.

- James Clear



# HALT- Hungry, angry, lonely, tired.



**H – Hungry:** Carry snacks, sip water, or eat a small portion of your child's meal.

**A – Angry:** Shake it out, take deep breaths, or step aside for a moment.

**L – Lonely:** Call a friend, join a parent group, or jot down your feelings.

**T – Tired:** Take micro-breaks, rest when possible, or talk to another parent about a child care swap for a short break.

# Zones of regulation (for adults)

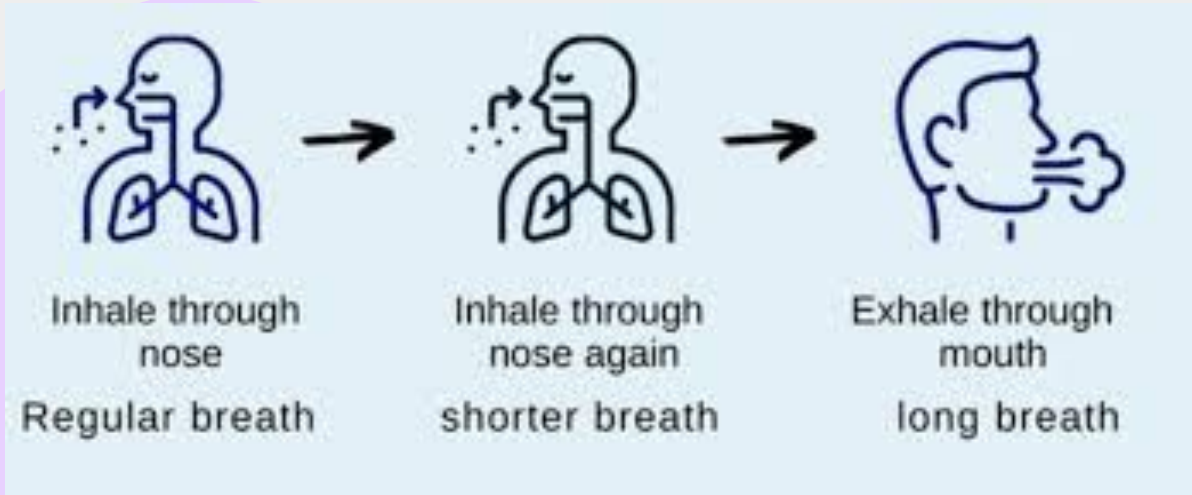
BLUE	GREEN	YELLOW	RED
Sad Tired Sick Exhausted Shy	Happy Calm Good listener Proud Focused Relaxed	Excited Silly Nervous Embarrassed Jealous	Mean Mad Out of control Terrified Elated

**“Notice our stress levels → pause → small action → Notice if there are any shifts”**

# Supporting your nervous system

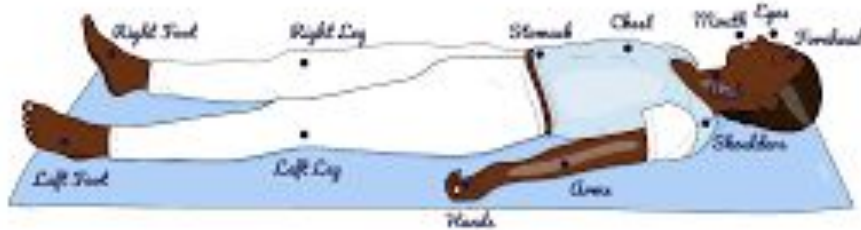


# Supporting your nervous system



# Supporting your nervous system

## Stress Management Through Progressive Muscle Relaxation



# Remembering what is going well!

Did your kids get to school this morning?

**Stop discounting the good stuff**

Yes, BUT they only had a couple of biscuits for breakfast

Yes, BUT they didn't brush their teeth

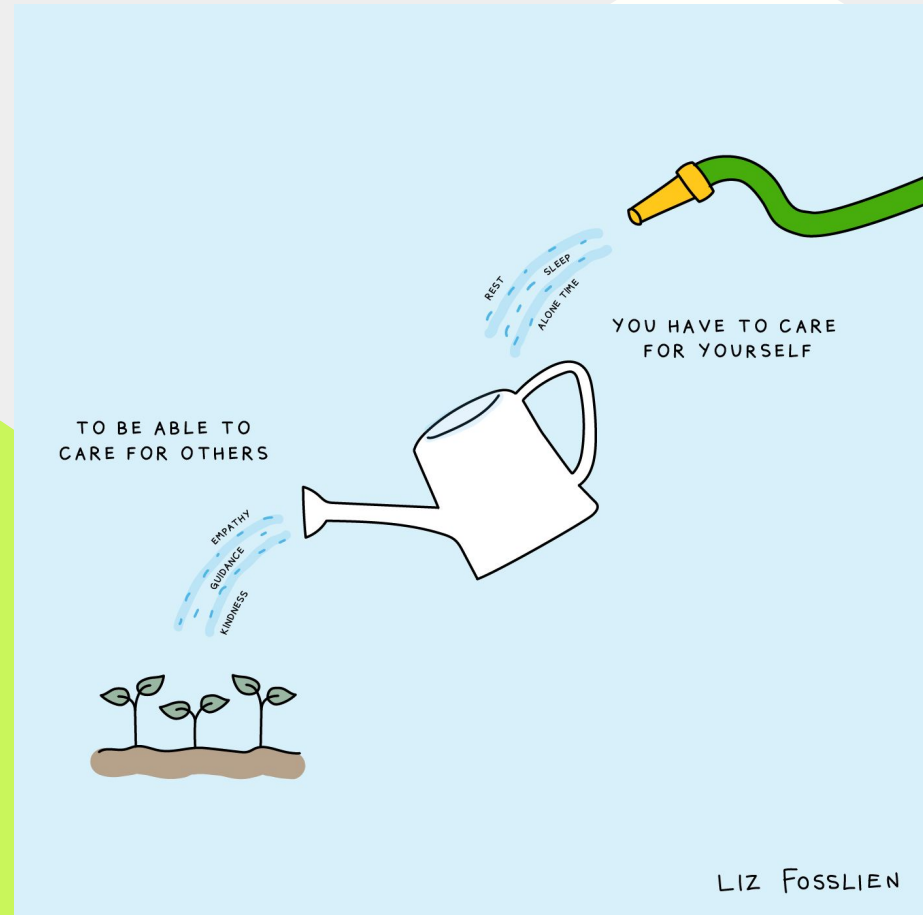
Yes, BUT I was so angry that they've probably gone into school feeling really stressed.

Yes, BUT I forgot their PE kit.



# Modelling the skill to our children.

Prioritising self-care models healthy habits, shows children that their own needs matter, and helps prevent stress from affecting the parent-child relationship. In short, caring for yourself is one of the best ways to care for your child



# Our School and Local Community



## Opportunities for parents to get to know each other and build supportive relationships:

- Worship together at Mass
- Volunteer as a parent helper
- Join the PTA
- Smartphone free childhood community (CtS parent whats' app group)
- Support for parents of children with allergies



# Our School and Local Community

**Community Run Parental support:  
Ealing Mental Health Support Team**  
[Details on school website](#)



## SUPPORTING FRIENDSHIP IN CHILDREN

This workshop is aimed at parents/carers of **primary**-aged children to provide information to help you support your young person with building and managing friendships, including supporting with social anxiety.

**Date: 25th November 2025**  
**Time: 12pm- 1pm**

# Our School and Local Community

## Community Run Parental support: Ealing Parenting Services



**FREE**  
online parenting workshop



**HELPING CHILDREN  
COPE WITH SEPARATION &  
DIVORCE**

Delivered by Chris Kolada  
Ealing Parenting Service

Tuesday 11th  
November 2025  
10am-12pm  
via MS Teams

When a family breaks up, it is hard for everyone, but this is a reality many children face. They need to be supported to understand that their parents need to move on from being a couple to being partners in parenting

How parents handle this process and deal with any conflict has a significant impact on how their children cope with their separation

Children need the love and support of both parents as they adjust to change

In this workshop, we will look at practical steps parents can take to ease the impact of their separation on their children, and help them feel safe and secure amid their parents' break up.

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info

 **SUPPORTIVE  
ACTION FOR  
FAMILIES IN  
EALING**

 **EALING  
PARENTING  
SERVICE**

**FREE**  
online parenting workshop



**FATHERS  
GROUP**

**Father / Child Bonds:**  
Building Connection  
Through Presence

Delivered by:  
Derek Willis  
Ealing Parenting Service

Tuesday, 25th  
November 2025  
10am-12pm  
via MS Teams

Fathers often play a unique and vital role in the journey of raising children. For fathers of children with additional needs, this journey can bring rewarding moments and also present distinct challenges that shape family life from birth through adulthood and beyond.

This workshop is specifically designed for fathers like you – men who are seeking not only support and guidance, but also community and empowerment as you navigate the complexities of raising a child with additional needs




**Please note: this is a targeted workshop for men only**

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register your place

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**PARENTAL RELATIONSHIPS  
& HOW THEY IMPACT ON  
RELATIONSHIPS**

Delivered by Chris Kolada  
Ealing Parenting Service


Tuesday 18th  
November 2025  
10am-12pm  
via MS Teams


This workshop offers the opportunity to look at what makes and breaks relationships, and the impacts of these relationships on parenting.

This session will give you an understanding on what makes relationships healthy, and identifying behaviours that contribute to conflict or emotional strain.

This session is aimed at parents/carers of children and young people of all ages

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info

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 **EALING  
PARENTING  
SERVICE**

# What can I do if I need more help?

Early Help/ Safe

Home start

CWP service anxiety and behaviour

Speak to your GP



**Thank you for coming!**  
**Please enjoy your tea and coffee.**

**You're welcome to come chat to me with any questions.**

