

Looking after yourself



“I used to feel guilty about this thing they called respite but I don’t anymore. It gives me time to relax and recharge my energy levels. I look forward to it now as a positive thing for everybody.”

Looking after yourself can mean many different things

With all the other demands and responsibilities in life, parents often tend to put themselves at the bottom of the list.

Amongst all the hospital visits, specialist appointments, therapy sessions and everything else you are involved with for your child, you also need to make sure that you don’t forget to think about your own needs.

It could mean finding time to be with friends or your partner, spending some quality time with your other children, enjoying a hobby, or doing some voluntary or paid work.

Because you’re worth it

Looking after yourself can sometimes seem like an impossible task and involve a lot of planning and organisation, but the benefits are worth it in the long run.

Taking regular time out for yourself is good for your own health and well-being.

By looking after yourself, you will be better able to look after your child and family.