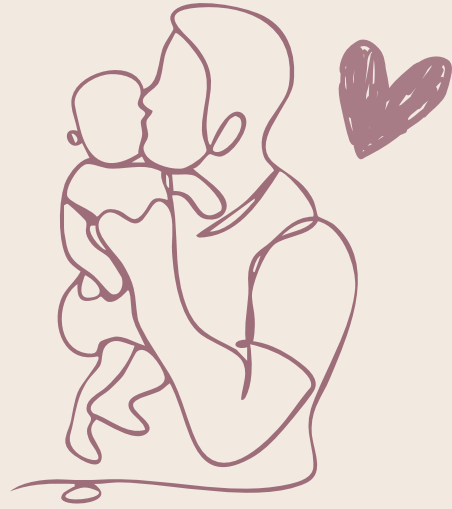




# 5 evidence-based practices to support parent wellbeing



## Mindfulness

Slow down and pause during moments with your child to stay present, be open and curious to what comes up. Before reacting in a heated moment, pause, place one hand on your belly, and take three slow breaths — this helps you respond from calm instead of stress

## Self-compassion

Remember that all parents face challenges and no parent is perfect — in a tough moment, gently say to yourself, "This is hard, and I'm doing the best I can right now."

## Physical activity

Move your body through short walks, active play with your kids, or dedicated exercise to boost your mood and energy. Even when your time feels full, schedule small pockets of movement (even 5 minutes) as a non-negotiable time on you.

## Social support

Share your parenting stresses openly with people you trust, work together on solutions and lean on each other. Build your village and learn to accept help from others.

## Reframing

Choose to respond rather than react. When you notice emotions rising, pause and remind yourself: "My child is doing the best they can right now, just as I am." This small shift helps you choose a calmer, more helpful response.

For parenting support, coaching and child therapy connect with us:  
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