

Parent Self-Care

Purpose & Prelude

This BehaveYou learning guide supports parents, caregivers, teachers, and communities with practical tools, examples, emotional understanding, communication ideas, routines, and positive strategies related to Parent Self-Care.

Chapter 1: Parent Self-Care

Section 1

Children learn differently, and support strategies should be compassionate, practical, visual, and relationship-centered. This section explores parent self-care through examples, routines, emotional support, communication ideas, sensory understanding, family guidance, classroom collaboration, and strengths-based learning approaches. Parents and caregivers can use these ideas at home, school, and in community settings to help children feel safe, calm, respected, and understood.

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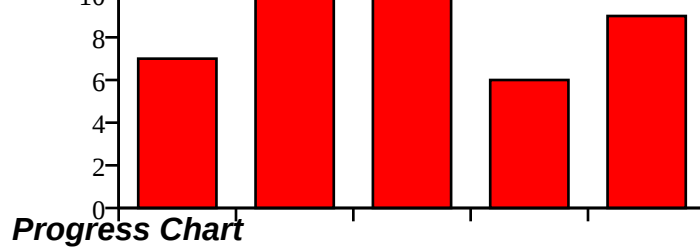
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Area	Example Strategy	Support Goal
Communication	Use visuals and gestures	Reduce frustration
Routines	Consistent daily structure	Build safety
Emotions	Breathing and calm spaces	Support regulation
Learning	Play-based activities	Encourage confidence



Exercises & Reflection Questions

1. Describe a supportive strategy related to parent self-care that could help a child feel safer and more understood.
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Suggested Solutions

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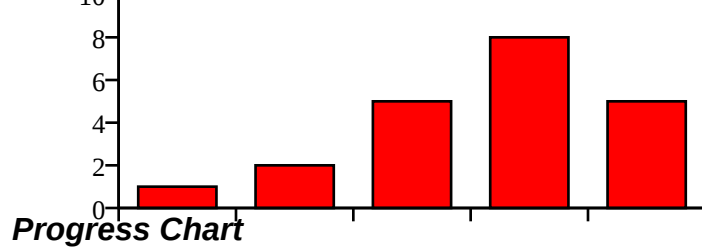
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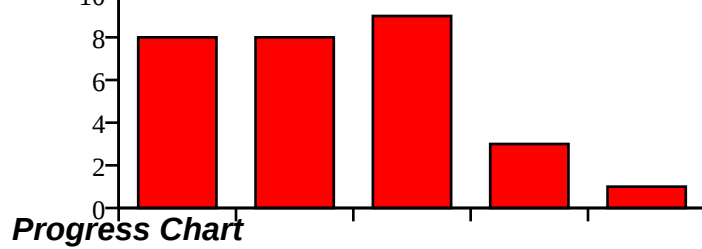
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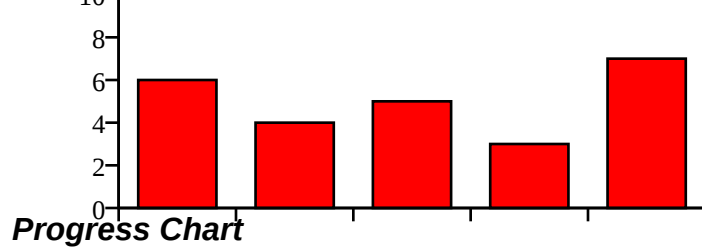
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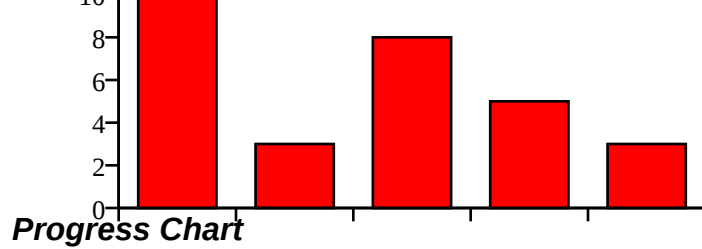
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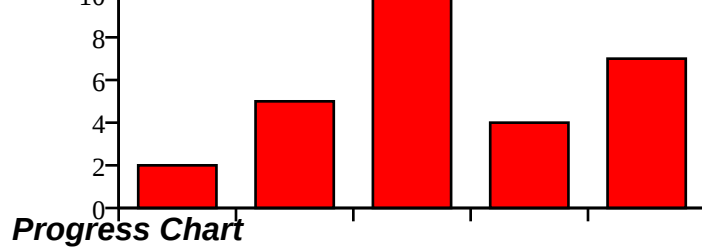
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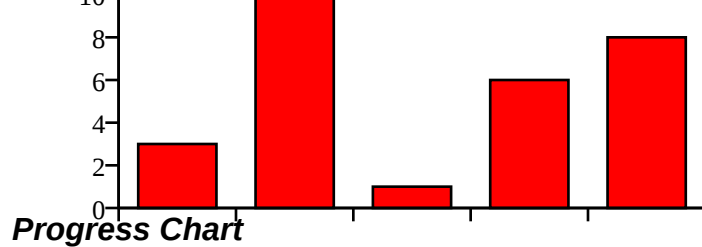
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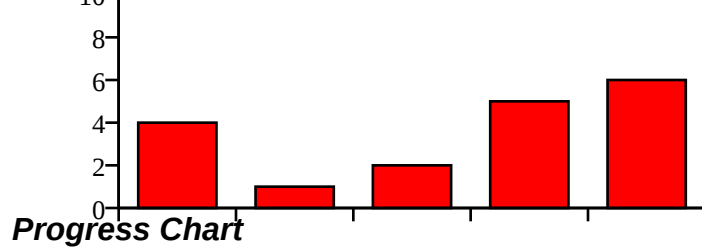
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