



PARENTING BOOKLET

SELF CARE

(III)

By

Michelle De-Torre (Founder)

Nigel Prosser Foundation

GIVE YOURSELF PERMISSION TO PAUSE

It's okay to stop. Even five minutes with a cuppa in peace can make a difference. Taking a breather isn't selfish – it's survival.



DON'T GO IT ALONE

Whether it's a trusted friend, an online SEN group, or a support worker – talk. Share the highs and the lows. You don't have to carry everything on your own shoulders.



SLEEP (OR REST) WHEN YOU CAN

We know, easier said than done. But even 20 minutes of rest during a quiet moment can reset your brain. Don't feel guilty for choosing rest when it's needed.



SET BOUNDARIES WITHOUT GUILT

It's okay to say “no” or “not right now.” You're not being rude – you're protecting your energy and focus, which your family depends on.



DO SOMETHING THAT'S JUST FOR YOU

It doesn't have to be fancy – a walk, a hobby, a book, or a show you love. Even 10 minutes doing something that fills your cup makes a difference.



DITCH THE SUPERPARENT MYTH



You don't need to be perfect. You're doing your best, and that is enough. Your love, effort, and presence matter most.

STAY CONNECTED TO YOUR GP OR SUPPORT WORKER

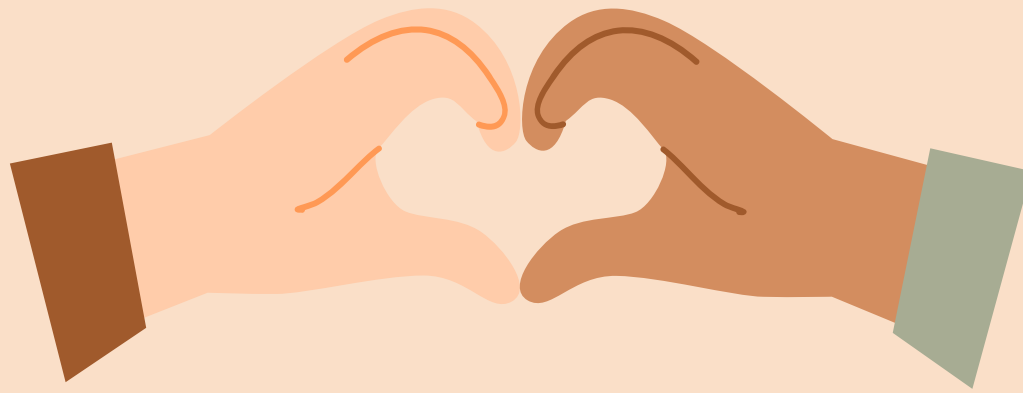
Your mental and physical health matter too. If things feel heavy, speak to someone – your health is just as important as your child's.



BE KIND TO YOURSELF

Talk to yourself like you would to a good friend.

You're doing a tough job with love and determination. That's something to be proud of.



THANK YOU!

Have any questions?

michelle@thenigelprosserfoundation.org