

SEARCH

go

Quick Links for Everyone

[For Professionals](#)[For Caregivers & Families](#)[For Youth](#)[Resources & Information](#)[FAQ](#)[News](#)**Support Groups****Self-Care****Parent Community****Resources****Law & Policy****Articles for Caregivers****Resources & Information****VOICE YOUR OPINION**

Voice your opinion about these topics:

**Caregivers & Families:**

[The rewards & challenges of caring for children](#)

[Your Opinion Results](#)

[For Caregivers & Families](#) > [Self-Care](#)

**Self Care For Parents & Caregivers**

Taking good care of you is an important element of good parenting and care giving. To meet the needs of children and youth, adults need to meet their own material, physical, and emotional needs. Other sections of this Web site have information regarding [Financial Information](#) and [Articles for Caregivers](#). Topics on this page include:

- [Healthy Living](#)
- [Workplace Resources](#)
- [Sick Child Care](#)
- [Supportive Adult Relationships](#)
- [Respite Care](#)
- [Managing Emotional Stress](#)
- [Voluntary Simplicity](#)

**Healthy Living**

Perhaps the first thing you think of when you hear self-care is your physical health. Here are a few links regarding healthy living provided by Medem, an organization founded by seven leading US medical societies:

**For Women**

- [Healthy Eating](#)
- [Exercise](#)

**For Men**

- [Maintaining Good Health](#)

[Back to Top](#) ^

**Workplace Resources**

Many employers recognize that helping employees to manage stress and to address personal and family concerns leads to a better workplace for everyone. Find out about your employer's guidelines regarding:

- Employee Assistance Program (EAP) which can provide short-term counseling, legal, or financial consultation.
- Flexing your schedule to meet individual and family needs.
- Family and Medical Leave Act, which allows leave time to the care for a new child or for a family member who is sick or disabled.
- Carpooling and commuter programs.
- Help in accessing child care.

[Back to Top](#) ^

**Sick Child Care**

Virginia Mason Hospital in Seattle has a sick child care respite program called [Tender Loving Care \(TLC\)](#). The phone number is 206-583-6521. Caring teachers and a registered nurse are on-site to provide care for mildly sick children ages one to twelve, so you won't have to miss valuable work time.

[Back to Top](#) 

---

## Supportive Adult Relationships

Friendships, partnerships and extended family relationships can be important supports for parents and caregivers, not just for helping in the direct care of the children, but in providing an open ear and informal support. Make time to sustain supportive adult relationships. Recent research from UCLA suggests that women under stress do not exhibit the "fight or flight" response, but rather they "tend and befriend", protecting their children and reaching out to other women in times of stress. To read more go to [UCLA](#).

[Back to Top](#) 

---

## Respite Care

If you are able to hire a babysitter, do it! Plan some time for yourself. If money is a concern, arrange to swap child care with another parent so that each of you can take some time for yourself. Many family support centers provide a monthly Parents' Night Out, a free or low cost evening of supervised fun activities for children, while parents/caregivers take a well deserved break. To find out if there is a Parents' Night Out near you, check the Family Support Program Directory sponsored by [Family Support America](#)

Foster parents and relative care providers of children involved in CPS, CWS or FRS cases may be eligible for respite care through the [Children's Administration Respite Program](#).

[Back to Top](#) 

---

## Managing Emotional Stress

[Tips for Controlling Stress](#) recommended by Medem.

The [Crisis Clinic](#) located in Seattle provides tips for self-care strategies for those dealing with stress, trauma, and crisis.

Strategies to support someone else in [emotional crisis](#) and strategies to support children in [emotional crisis](#).

[Back to Top](#) 

---

## Voluntary Simplicity

This movement is about taking steps to counteract the stress associated with our complex consumer oriented society. The Simple Living Network provides education and resources on simplicity. Review an introduction to [Simple Living](#).

Widely read books on simple living include:

*Your Money or Your Life: Transforming your Relationship with Money and Achieving Financial Independence* by Joe Dominguez and Vicki Robin

*Simple Living Guide: A Sourcebook for Less Stressful, More Joyful Living* by Janet Luhrs

Additional reading and resources can be found at [The Simple Living Network](#) home page.

[Back to Top](#) 

---