



Parent Self-Care Check

You can't pour from an empty cup — check in on your own tank.

Caring for a family is relentless, and parents are usually last on their own list. But running on empty doesn't help anyone — your steadiness is one of the most powerful things you give your kids. This isn't about elaborate routines; it's about noticing which basics are slipping and choosing one small, realistic thing to tend to.

How are these areas lately? (1 = empty, 5 = full)

Area	1-5	One small thing that would help
Sleep & rest		
Movement		
Eating		
Time to myself		
Adult connection		
Something I enjoy		
Asking for / accepting help		
The one area I'll tend to first		

Bring this worksheet to your next appointment.