



## A Vital Part of Parenting

# What is Self Love?



- Acknowledging strengths
- Committing to areas needing growth
- Being intentional about enjoying life
- Planning self care
- Maintaining some individuality
- Building support system

# Self Love and Parenting

## Feelings about ourselves impact:

- How we view and treat our children
- How children view themselves



# Self Love and Parenting Barriers

- My life can go on the back burner
- Pursuing interests outside of parenting is selfish
- I should be able to handle it all on my own
- Parenting is all about making sacrifices
- I'll go back to my life when the kids are older

# Self Love and Parenting May be Challenging

- Past experiences - feeling own parent gave too much or too little
- Family norms and expectations
- Unrealistic media influenced beliefs



## Why Self Love is Especially Important Now?

During Covid 19  
you are:

- Facing more expectations
- Feeling more challenged
- Experiencing less social support



# Giving Yourself Permission

It's hard to  
give when  
you are on E

You are vital  
to your  
family

You need and  
deserve  
replenishing

Your children  
pick up and  
respond to  
your energy

# Reconnecting with Yourself



- What would you really enjoy doing?
- What makes doing it challenging?
- Are the barriers real?
- Are the barriers insurmountable?
- Are you willing to compromise?



# Committing to Self Love



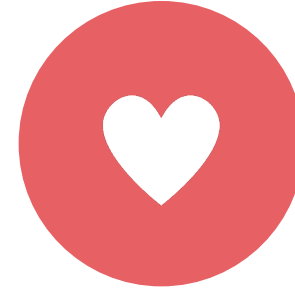
REAL CHANGE TAKES  
TIME AND  
CONSISTENCY



ACKNOWLEDGE ALL  
EFFORTS BIG AND  
SMALL



BE WILLING TO  
EXAMINE AND  
FORTIFY YOUR  
SUPPORT SYSTEM



BE KIND  
TO  
YOURSELF





Remember  
that the House  
is Only as  
Strong as it's  
Foundation.  
You are  
Important!





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