

SELF COMPASSION FOR CAREGIVERS

Caring for yourself helps your child thrive

Self-compassion is about treating yourself with the same care you give your child especially on the hard days. Most caregivers are kinder to everyone else than they are to themselves. That self-criticism doesn't make parenting better. It makes it harder.

Self-compassion is **being kind to yourself** when things are hard, **naming struggle** without shame, and **remembering you're not alone**. It's not selfish or weak. Research shows it strengthens resilience, regulation, and capacity.

When you **regulate yourself**, you help regulate your child. Caring for yourself isn't taking attention away from your child. It's creating the **emotional safety** you both need.

WHEN THINGS FEEL OVERWHELMING

- 1- **Pause:** "This is really hard right now."
- 2- **Use supportive touch:** Hand on heart. A self-hug. Hold your own hand.
- 3- **Speak like a friend:** Say what you'd say to someone you love.
- 4- **Remember:** You're not failing. You're parenting. And parenting is hard.

