There's no question about it, raising children is hard work! It can be easy to forget all the ways you're making a BIG difference. Giving yourself a moment to acknowledge and appreciate all the effort you're putting into parenting can provide that necessary recharge.

- Throw yourself a two-minute solo dance party. Play your favorite song and strut your stuff.
- Hug your kids, breathe deep, and feel the love coming in and going out with each breath.
- Take three deep breaths and visualize the details of the first time you saw your child/children, or look at photos of those moments.
- Write down one thing you love about yourself, one thing you love about your child, and one thing you love about your family.
- Add a little something to your daily "to do" list that is just for you -- making yourself a cup of tea, reading your favorite magazine, or calling a good friend for a laugh.

Show your child the importance of self-care by taking little moments for yourself.

Source: Sesame Street in Communities

In *The Power of Presence*, Author Joy Moore also elaborates on the importance of self-care. She quotes Eleanor Brownn, "Self-care isn't selfish. You cannot serve from an empty vessel."

Joy shares a few tips for preventing parenting burnout [which she elaborates more on in the book]:

- Know your limits
- Get help
- Forget what everyone else is doing or thinking
- Strike a power pose
- Don't neglect your health
- Be as proactive about your joy as you are about your child's happiness
- Hold on to your dreams

---

**From Cradle to College Foundation's FAM JAM 2019**
Saturday, May 4
3:00pm - 7:00pm

**Sarasota Community Baby Shower**
Saturday, May 11
10:00am - 12:00pm

**FREE Parenting Program Groups at Forty Carrots Family Center**

**Kindergarten Round-up! at Neil Armstrong Elementary**
Tuesday, May 14
9:00am - 11:00am

[continue scrolling]
The Power of Presence Book Circles have proven to be so meaningful, SCGLR is extending them into the summer months. Happily, Joy will be visiting May 15-16 to inspire us once again. We hope you will join us! REGISTER HERE to share in the Joy!

The Patterson Foundation will be supporting new book circles in May, June, and July. If you have not yet participated in a FREE book circle or would like to gather a new group, please register HERE.

-- You Matter Most --

"Your child already has a leg up in life. That's because she/he has you. You are the most important factor in your child's growth and development. When you're at your best, you'll be better able to help your little one to learn, grow, and thrive." -- Sesame Street in Communities

We welcome your thoughts. Contact us at info@GradeLevelReadingSuncoast.net.