

Well-being Tips

for Parents and Caregivers

The back-to-school season brings changes and stressors for both children and their parents and caregivers. You do so much for your family, and your own needs and well-being matter, too! God sees your daily efforts, loves you and your family, and cares about your concerns. We hope that these tips encourage you to take a small pause for your own needs during this busy season.



Physical and Mental Health

Getting ready for the new school year brings significant change for both children and caregivers. As you navigate back-to-school health forms and appointments for children, take a few minutes to consider: are there any appointments that you need to schedule for your own needs once the school year starts? Make those appointments at the same time or set aside time in the coming weeks to address your own health needs.



Spirituality

Consider a small “habit-stack” for your prayer life as children begin the new school year. Is there one that fits into your routines most easily?

- While packing school lunches, pray a Hail Mary for the needs of your family.
- After the morning rush ends, listen to the daily Gospel or say a short morning offering.
- As you shut down the house for the night and turn off lights, take just twenty or thirty seconds for silence and ask God to be with you.



Community

Beginning a new school year changes social dynamics for parents and caregivers as well as for children. Are there any fellow parents or parish or school community members you would like to get to know? Maybe there is an easy point of connection, like an after-school playground playdate, helping one another with an activity carpool, or connecting after Sunday Mass. Even small check-ins with other adults can build community bonds and help reduce feelings of isolation.