

# **Interweaving Self Care into the Parenting Experience**

Making the Impossible, Possible

# Agenda

- Welcome and Introduction
- Experiential Activities and Discussion:
  - ✧ Self-Care
  - ✧ Self-Care and the Couple
  - ✧ Self-Care and the Child with Special Needs
  - ✧ Self-Care and the Siblings
  - ✧ Self-Care and Community
- Reflection

# Community Therapeutic Day School



# Holding Environment

“Every human being, given a facilitating environment, intrinsically contains the momentum for growth towards emotional as well as physical maturity and towards a positive contribution to society.”

~ D.W. Winnicott





# Self-Care

*"If only you gave to yourself what you give to others so freely."*



# Self-Care and the Couple

*"Listening is Love in action."*

Leo Buscaglia



# Self-Care and the Child with Special Needs

*"The more grateful I am, the more beauty I  
see."*



~Mary Davis



# Self-Care and the Siblings

“Grateful and awake, ask what you need to  
know now. Say what you feel now.  
Love what you love now.”

~ Mark Nepo



# Self-Care and Community

Find your flock!!



# Reflection

