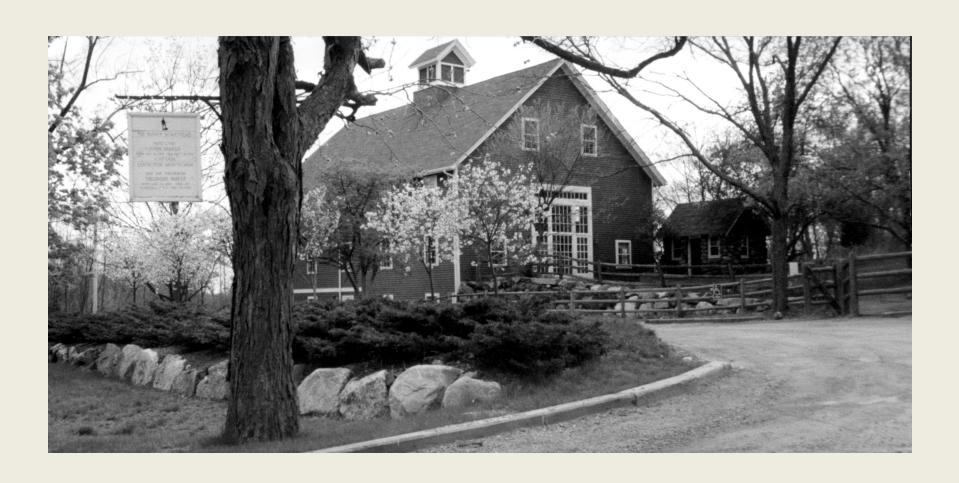
# Interweaving Self Care into the Parenting Experience

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."

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~ Mark Nepo

## Self-Care and Community

Find your flock!!



#### Reflection

