

5 Tips for Maternal Self Care

From the Help Me Grow Team

Action for Children





Find short periods of
time for yourself.
Just 15-30 minutes can
make a difference.

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2

Look for small moments of joy in spending time with your children. It will improve your overall joy in parenting.

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3

Eat as healthy as possible, it will improve how you feel.

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4

If you are able, consider seeing a professional therapist or counselor.

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5

Prioritize your rest
and mental health.

Don't be afraid to ask
for or accept help when
you're overwhelmed.

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If you're pregnant or have a new baby at home, Help Me Grow Home Visiting at Action for Children can support you.

 **614.224.0222 ext. 401**

Action for Children's Home Visiting program serves parents in Franklin County.

For families outside of Franklin County, please contact 1-800-755-4769 (GROW).

