



BE HAPPY

PARENT SELF-CARE: THE RESET & CARE METHODS

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Parenting can be overwhelming in stressful moments and draining over time. The RESET and CARE methods offer simple tools to help you respond effectively in the moment and take care of yourself consistently.

THE RESET METHOD: MANAGING REACTIONS IN THE MOMENT

Use RESET when you feel yourself becoming frustrated, overwhelmed, or reactive.

✓ **R – Recognize the Stress**

Notice early signs of stress in your body (tight jaw, hot face, tense chest). Name it internally: *“My stress is rising.”*

✓ **E – Exhale Slowly**

Take a slow breath: inhale 4 seconds, hold 4 seconds, exhale 6 seconds.

✓ **S – Set an Intention**

Ask yourself: *“What do I want from this moment?”* (e.g., teaching vs. winning a power struggle)

✓ **E – Engage Your Plan**

Choose one parenting tool you already know (calm command, time-out, co-regulation, etc.).

✓ **T – Talk and Teach**

Respond calmly using your chosen strategy. By responding calmly, you are modeling and teaching emotional regulation for your child.



THE CARE METHOD: BUILDING CONSISTENT SELF-CARE

Self-care is not optional—it helps you stay regulated, patient, and present as a parent.



C – Claim Small Windows

Take 5–10 minutes daily for yourself (coffee, music, short walk).



A – Anchor Your Essentials

Protect 1–2 key needs (sleep, connection, routine, hygiene, etc.) like non-negotiable appointments.



R – Release Perfection

Let go of one expectation (messy house, simple meals, unfinished tasks).



E – Enlist Your Team

Ask for specific help (childcare swap, support, time to vent).



SET A SELF-CARE GOAL

I will care for myself by: _____

When: _____

Where: _____

What help do I need: _____



Key Takeaway

You don't need to be perfect—you need tools. RESET helps you respond in the moment, and CARE helps you stay supported over time so you can show up as the parent you want to be.

