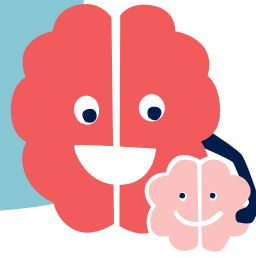


“Good enough is great”: A self-care checklist for busy parents and caregivers



Parent Resource

This resource has been developed in collaboration with parenting educator, Maggie Dent

Inspired by Maggie Dent's gentle reminder that parenting isn't about perfection - it's about being present and emotionally available - this easy, fridge-friendly checklist offers simple, achievable self-care ideas for busy parents and caregivers.

Print this out or save it somewhere you can easily locate, then use it as a reference when you need a prompt or a reminder to look after yourself.

Because when you take care of your own mental fitness, you're better able to support your child's too.

A special thanks to Maggie Dent for her collaboration on these resources. Maggie is a parenting educator, author, and former teacher, widely respected for her practical, compassionate advice on raising resilient children. For more information on supporting your child's wellbeing, visit maggiedent.com

Please note: This resource has been developed in collaboration with Maggie Dent and is intended for general information purposes only. It's not a substitute for professional advice. Gotcha4Life does not offer counselling or crisis support.

If you have concerns about your child's wellbeing, please speak with your GP or a qualified health professional.

You can also explore a range of free, trusted supports and information at gotcha4life.org/help-resources. For direct support, Kids Helpline offers free, confidential counselling for young people aged 5 to 25. Call 1800 55 1800 or visit kidshelpline.com.au.

10 Bite-Sized Acts of Self-Care

(5-10 min each)

You can't pour from an empty cup. Try one or two of these today, not all of them. That's good enough.

1

Breathe like you mean it

3 deep belly breaths, in through the nose, out through the mouth. Reset your nervous system in less than a minute.



6

Move your body

A 5-minute walk, kitchen dance, or stretching while the kettle boils, it counts!



2

Permission to pause

Sit with a cuppa in the sun or the quiet for 5 minutes - no chores, no emails, no guilt.



7

Connect to your village

Send a quick "thinking of you" text to a friend, family member or another parent, connection is everything.



3

Say no (without explaining)

Protect your time. Decline a commitment with a simple "I can't right now", that's enough.



8

Drop the comparison

Take a break from social media or remind yourself: you're doing the best with what you have today.



4

Stretch it out

Do 3 feel-good stretches, arms up, shoulders back, neck roll. Release tension gently.



9

Choose one thing not to do

Cross something off your to-do list, no one needs perfectly folded towels or gourmet dinners today.



5

Laugh (even just a bit)

Watch a short funny video, read a meme, or recall your child's weirdest question this week.



10

Celebrate a tiny win

Brushed your child's hair? Didn't raise your voice? Said sorry when you needed to? That's a parenting victory.



"Just have a cup of tea, eat a Tim Tam, brush off the dust, you've got this." – Maggie Dent