

Parenting Survival Kit

Put in this bucket things that make you happy from all five senses; sight, smell, taste, touch and hearing.
Here are some things to get you started...

Coloring Book & Crayons: Not just for kids! Coloring can be very calming.

Tootsie Rolls: To remind you to let the small stuff roll off your shoulders.

Tea: Take time to relax with a warm drink!

Stress Ball: Squeeze your stress away!
You're the key to your babies heart.

Remember...

*you can't take care of anyone else
until you take care of yourself!*

