



FOR CAREGIVERS

TAKE CARE OF YOURSELF

- ✚ Bringing up a child with FASD can be difficult and exhausting.
- ✚ The caregiver often places the child's needs before their own. Taking care of the child and managing their difficult behaviours can be tiring and even lead to burnout.
- ✚ To take good care of a child with FASD, you must also take good care of yourself. The better you take care of yourself, the more energy and enthusiasm you'll have for your child.

Tips for self-care

- ✚ **Don't take your child's behaviour personally.** Remember that your child's difficult behaviour is a symptom of FASD and not a reflection of you as a parent.
- ✚ **Take time for yourself.** A long walk, a relaxing bath, or an evening with your spouse or friends can give you a little time away from your child, as needed. Don't feel guilty about taking time to rest and relax.
- ✚ **Find someone to talk to.** Contact other parents who have a child with FASD, start a support group, or talk to a counsellor. Talking to someone can help you express your frustrations. Discuss your concerns with other people who understand the difficulties involved in parenting a child with FASD.

Do something that you like, just for you:

- Take an art course;
- Participate in community activities;
- Become a volunteer;
- Join a reading club;
- Have breakfast with friends;
- Hire a babysitter you know.

Spending time away from your child is healthy for your child as well as you. It will help you recharge so you can be the best possible parent.

SOME FRIENDLY ADVICE

- **Do your best but don't try to be perfect.**
- **Take care of yourself first. If you're stressed and tired, you won't be able to give your child everything they need.**
- **Sleep well, eat well, and exercise.**