

# Cheat Sheet

## For Taking Care of Yourself

1. Find time for yourself.
  - Nap when your baby is napping.
  - Take 10 minutes after your child falls asleep at night.
  - Teach your child your favorite hobby.
2. Find time to laugh with your child.
  - Watch a funny movie together.
  - Tell silly jokes or stories.
3. Talk with a friend on the phone.
4. Read a chapter of your favorite book.
5. Remember to exercise. Try it with your child!
6. Squeeze in 10 minutes for a cup of tea.
7. Allow yourself to go to bed 20 minutes early!
8. Allow someone to watch your child when possible and get away!



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