



SELF-CARE

At Home with Kids





BAKE TOGETHER:

Put on some music and make cookies
or muffins.

The smell of chocolate will bring your
mood up instantly!





GO FOR A WALK:

Go out for a walk, it can be in the park,
around the block.

What matters is that you talk and enjoy
each other's company.

Getting outside is so good for kids.
Vitamin D is brilliant for everyone's
health and mood.





READ A BOOK:

The book you read doesn't need to be anything fancy or complicated – pick a book!

It's a great way for your child to stimulate their imagination and use their brain.





BOARD GAME OR CARDS:

Self-care doesn't have to be all
meditation, candles, and dim lights





PAINT NAILS:

Painting nails is a relaxing self-care activity that makes you feel pampered. So why not take turns painting each other's nails.





FACIAL:

Choose child friendly cream and create a DIY facial. Go one better with cucumber for the eyes.





YOGA AT HOME:

There are so many videos on YouTube that you can use to do yoga at home!





HOT BATH TOGETHER

Depending on the age of your child, taking a bath together is a great way to unwind.

Grab the tub toys, the bubbles, and the towels and enjoy some playtime in the tub.





CRAFT:

Doing craft with your child can be as simple as colouring, crayon art, or sticking stickers on paper and writing nice messages to each other.

This is such a great activity because it's fun, creative, and relaxing.





MESSAGE:

Take in turns to lay on your belly or put your foot up for a massage. This has also been a great time in our house to start conversations.

