

## Let's Talk About Caring for Ourselves!

### Sample Social Media Posts



#### Facebook

1. Children are always watching and learning from the things they observe their parents and caregivers doing. Your preschooler can learn so much about self-care by seeing the adults in their lives model good self-care habits at home. Invite your child to help you prepare a healthy meal, walk together and enjoy the fresh air, or sit together and read your favorite book under a cozy blanket. These moments provide opportunities for connection with your child as they learn ways to care for themselves from the person that cares for them most! #TalkingIsTeaching

2. It's important to teach our little ones about caring for their physical and mental, and emotional health. Bath time is the perfect time to learn a little more about self-care! Relaxing in a nice warm bubble bath before bed is a great way to recharge, which is excellent for your mental health. During bath time, talk with your little one about how keeping our bodies clean is also essential to caring for ourselves. What are some other ways we care for ourselves inside and out? #TalkingIsTeaching

3. Set up a little self-care station at home together with your child. Include a small mirror, hairbrush, face wipes, baby lotion, and tissues. Practice using the station together and discuss what each item is used for. "Let's use these wipes to clean our faces after snack time. We can look in the mirror to ensure we get all the crumbs off." Encourage your child to use the station to get themselves ready in the morning and before bed. Your little one will grow in their independence and gain essential life skills. #TalkingIsTeaching

## **Instagram**

1. Sing your own self-care version, "This is the Way," to go over how we care for ourselves daily. Singing with our children helps build and strengthen our connection with them while also boosting their self-esteem and lowering our stress. "This is the way we comb our hair... brush our teeth... wash our hands... so early in the morning!" #TalkingIsTeaching

2. Your baby's brain is like a little sponge constantly absorbing information and learning new things through close observation and exploration. When you are getting ready for the day, talk to your baby about what you are doing and why. "I am brushing my teeth with my favorite minty toothpaste because brushing daily helps keep my smile healthy!" #TalkingIsTeaching

## **Twitter**

1. Do something you love today! Work on a favorite hobby, read a good book and make yourself a delicious snack. Later, talk with your little one about how great it felt to do something you enjoy. "What do you love to do that makes you feel great?" #TalkingIsTeaching

2. Knock, knock! Who's there? Self-care! Take turns telling each other silly jokes. Your little one will love to make you laugh. Laughter is an effortless and fun way to reduce stress which helps your child's brain better absorb and retain new information. #TalkingIsTeaching