

# School Counsellor Newsletter



## Looking after yourselves - Parents, Caregivers and Guardians Edition Twenty-four

Some Medbury staff recently attended First Aid Courses. No doubt many of you will have been involved in similar courses and so can relate to the DRS ABC primary survey. The very first letter, D, reminds you to look for Dangers and to look after yourself before you give another person first aid. The reason is obvious: you cannot help someone else if you become injured or impaired in the process. This newsletter refers to some key tips and advice for Parents, Caregivers and Guardians to remember to look after ourselves, so that we can look after our children and those in our care as best we can.

I am sure that you will have come across several articles, watched videos or listened to podcasts about the many ways to check in with your wellbeing and to prioritise self-care. This is especially important as parents and in unsettled times such as which we find ourselves now. Moving back into Level 2, at the time of writing this newsletter, will provoke a variety of emotions and a key way to stay positive and cope is to look after yourself. This will not only allow you to be an effective parent it will also ensure you are being a strong role model to your children and those in your care.

It is often the little things that make the biggest difference. I would encourage you to add your own ideas to this list and to pick one thing you will aim to do more of in the coming weeks.

- Make time to: sit outside in the sun, connect with a friend, do the things you love, have a cup of coffee, exercise (in whatever form works for you, notice small wonders such as the clouds, a smile, daffodils..., practice breathing, practice mindfulness, just be present each day for a moment or two.
- Check in with yourself and have a break if you need one
- Develop your empathy. If the actions of another person are at odds with your own try to look at things from another perspective so you can understand why they may be behaving this way e.g. a person may simply have forgotten to social distance as habits are hard to change
- Relax. If we just keep going we increase our levels of stress and have less meaningful engagement with others. By prioritising relaxation time you will feel more positive.
- You may like to consider your sense of purpose and learn something new, give to others, and volunteer your time for a charity.
- Be purposeful about being present and in the moment with your child - even just 10-15 minutes a day one-on-one with your child will make a difference for you both
- Be purposeful about being present and in the moment

with yourself. Even just stopping to read a book for 10-15 minutes with afternoon tea or a cup of coffee will give you the energy you need for the rest of the day.

- Be kind to yourself if you forget to do these things and make a plan as to how you will do more of these the next day

### What is one small thing you will aim to do more of to assist your wellbeing?

I hope that this newsletter is a helpful reminder to us all as parents to look after ourselves. Perhaps you might like to share with other parents one small thing which has made a difference to your wellbeing as a parent - if we all shared one thing we just might create a handy first aid kit for parenting in the 21st century!



**Jenelle Hooson**

**Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).**

If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim  
[amos.pilgrim@medbury.school.nz](mailto:amos.pilgrim@medbury.school.nz).