



Parent "ME" Time Activity: Prioritizing Your Sanity!

It is easy to get caught up in the daily routines once your little one arrives. Sometimes, it is hard to remember to take time for YOU – yes, YOU! I encourage all of our families to do this simple exercise to help make sure that each partner is getting refueled as needed. I also encourage you to do something similar for WE time, as your bond with your partner is how you became parents. Love can get a bit lost when we are busy just meeting the daily needs of family life. This directly impacts our family companions, as any strain on a relationship can easily lead to rehoming of a dog. Let's get started!

What you will need

- 4 different colored notecards
- A sharpie or other pen
- Scissors
- Magazines (optional)
- A special box or container that is pretty enough to keep out in view

Assign an amount of time to each colored index card. For example:

- Yellow card is a 10 minute activity
- Orange card is ½ hour
- Green card is an hour long activity
- Blue card is an entire afternoon

On each card, write a description or paste an image of an activity that you would enjoy doing for that period of time. For example, on the yellow index card for 10 minutes, you might write call friend, write in baby book, journal, stretch, meditate, listen to music, etc.

Continue until you have made 5 or more cards for each color/time frame.

Next, place the cards in the box or container you have chosen for your "ME Time & WE Time" cards, and place the container in a spot that is readily visible to you both.

Bring your partner this box and invite them to pick a ME Time card when you see that they are not caring for themselves or need a break. Suggest which color card they should choose, knowing that you will have full baby duty during this time. Once the activity is chosen, return the card to the box for another time. Follow the same pattern for WE Time, when the baby is asleep or being cared for by others.



Promoting safety for families with dogs

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Again, the more ways you can find to relieve stress for yourselves, the better parents you will be! Taking care of YOU is an important self-full thing to do, and allows you to be fully present for your children.

Happy Parenting from the Family Paws team!