

# Support Group Discussion Guide: **Take Time to Recharge**



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We thank them for their generosity!*



## Purpose

The purpose of this session is to assure caregivers that it is not selfish, as it may sometimes feel, to carve out time for the friends and activities they enjoyed before finding themselves parenting again. In fact, making time for book club, fishing, or even an uninterrupted soak in the tub is healthy not only for the parent but for the child(ren), too. Replenishing our mental, emotional, and physical energy reserves makes for more patient and regulated parenting.





## **Introduction to Topic**

### **Needing to recharge? You're not alone.**

Parenting is hard. Parenting someone else's child can feel completely overwhelming. With only so many hours in the day, we find ourselves prioritizing the needs of the children to the exclusion of our own needs. Do you ever find yourself staying up until the wee hours to have a few moments to yourself just to feel exhausted and even more overwhelmed the next day? We simply can't be at our best if our reserves are depleted.

The included video for this session features foster parents talking about the variety of ways they make time to recharge.



This session also asks us to think about the importance of continuing to engage in the activities that fulfill us, as well as strategies for finding the time to enjoy those activities.



## **No Matter What Video: Take Time to Recharge**

In this video, foster and kinship parents talk about the importance of finding time to stay connected to support, and the different ways they recharge.



<https://www.youtube.com/watch?v=BSft-xJmwbY>

Click link to play video

















