

# Self-Care for Parents And Caregivers

May 18, 2020

Ohio Family 2 Family  
Health Information Center



# Welcome to our virtual training!

## Self-Care

### How will this “virtual” session work?



- Participant’s video functions are turned off by host.
- Microphones are muted until the end of the presentation.
- If you are joining by video, please enter your questions via the chat box **or** use the “wave” function to alert the host that you have a question to ask with your microphone.
- If you are joining by phone, please email [Lynne.Fogel@cchmc.org](mailto:Lynne.Fogel@cchmc.org) your questions for the presenter.

Thank you!

# Agenda

During this virtual training, we will share:

- You know that self-care is important, but let us tell you again!
- Mini guided meditation to do in the moment
- Some local opportunities you may not know about
- A list of free things to do at home to get you started

**\*\* This presentation will be sent out to all attendees and posted on our website at [www.ohiof2f.org](http://www.ohiof2f.org) \*\***

Take it from an expert...

**Katy Oberle, MS, IMFT**  
Marriage & Family Therapist  
Nationwide Children's Hospital



# Some Local Opportunities...



**Emy Trende**

[mothershipinfo@gmail.com](mailto:mothershipinfo@gmail.com)

<https://www.facebook.com/themothershipinc/>

[https://twitter.com/mother\\_ship\\_inc](https://twitter.com/mother_ship_inc)



**UCCEDD/LEND**  
University of Cincinnati Center for  
Excellence in Developmental Disabilities  
Leadership Education in Neurodevelopmental  
and related Disabilities



**OHIO P2P**  
Ohio Parent to Parent Statewide  
Mentoring & Support Program

# Some Local Opportunities...

## Yoga for Special Needs Parents

- Mom of 17 y.o. son with autism
- “reset and renew ourselves to be the CALM in the chaos”
- Accessible to everyone!
- 15 minute “classes” on Facebook every Sunday morning on the ASCO’s facebook page at 11:30am

Kelly Schultze

[www.villageyoga.info](http://www.villageyoga.info)

[villageyogainfo@gmail.com](mailto:villageyogainfo@gmail.com)

614 . 371 . 0856



# Some local opportunities...

**Mission: To improve the emotional and physical health of caregivers through proactive, affordable, restorative respite opportunities**

- Partnering with B&B's across the country
- #SLEEPMATTERS
- Events for moms, dads, couples, families
- Opportunities year-round

<https://www.amothersrest.org>

<https://www.facebook.com/amothersrest/inkeeper@amothersrest.org>



# What you may be thinking...

I know I can't "pour from an empty cup," but...

- There just isn't any time in my day to set aside for myself
- I don't have the money to sign up for yoga or get a massage
- Who will care for my child while I am caring for myself?
- How do other parents do it??



# Find free everyday things that restore you...

1. Lie on the floor on your back & close your eyes.
2. Take 10 deep, slow breaths.
3. Get a meditation coloring book and color.
4. Run really fast for 5 minutes.
5. Walk slowly for 20 minutes.
6. Watch a funny movie or comedy special.
7. Listen to a piece of music that you love.
8. Call a friend.
9. Take a hot shower.
10. Find a photo of yourself at a time that you felt really content. Hang it up where you can see it.
11. Eat a piece of fruit.
12. Sit in the sun for 10 minutes.
13. Pet an animal.
14. Take a nap.
15. Spend a whole day without your phone.
16. Try yoga, Pilates, or other exercise class.
17. Clean up clutter in your room. Donate what you don't want to keep.
18. Make plans with a friend to try something new.
19. Read a favorite book.
20. Do something artistic like drawing, painting, molding clay, or making a sculpture.

**These ideas offered by Dee Marks  
Parent Mentor at Dublin City Schools**



# Find a Parent Support Group

A diagnosis-specific group can make you feel like you are connecting with other parents who truly “get it” and understand the issues you are dealing with.

[www.facebook.com/cpparentcolumbus/](http://www.facebook.com/cpparentcolumbus/)



# Questions



# Thank You!

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