# Being your best self at Family Time\*/Contact

Remember to care for yourself so time spent with your child can be as positive as possible

## Ask for help

- ★ To give you space
- **★** To support your choices
- ➤ To talk about what is going on for you
- To understand your feelings
- ★ To process changes
- \* To exchange photos with your child if permitted
- ➤ To write letters to your child

### Self-awareness

- ➤ Do a mindfulness colouring-in book to ground yourself
- ★ Sit somewhere quiet and focus on regular breaths
- ➤ Start tracking your moods
- Connect to your special place

### Self-care and healing

- ➤ Take time out just for you
- Relax with friends
- ➤ Power your body with good food
- ★ Keep a journal of how you feel



- ➤ Start with small steps
- ★ Draw a picture of your plan
- ➤ List what you need to get on track
- ¥ Seek support to make your plans a reality



- ★ Count the small things - even if it's getting out of bed!
- \* Track each thing you have done to reach your goal
- \* Keep records of courses. community sessions or workshops you have attended

### Make small goals

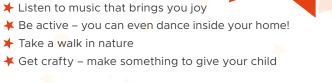
- For your personal growth
- For your time with children and family members
- For making Family Time more positive
- ★ For reigniting important connections













# Being your best self at Family Time\*/Contact

Check in with your feelings as Family Time approaches and after it ends

\* Family Time is the preferred term for the meet-ups or other communications that children who are in care, or don't live with their parents, have with them.

What helps me feel grounded and stable?



What can I do to make the Family Time good?

- ★ Know your limits and your triggers
- ➤ Notice and accept the feelings that come up
- ★ Have some games and activities up your sleeve
- ➤ Pack some healthy snacks

#### Things to remember:

- ➤ Quality is more important than quantity when it comes to time together.
- ★ Do something nice for yourself or arrange to speak to someone after Family Time to prevent a downward spiral.
- ★ Have some strategies in mind for when you are finding things hard.

### Ask yourself:

What makes me feel out of control?

What helps me show my child they are loved?

What do others notice when I am doing well?

## What if I am not feeling okay?



- ★ Ask to have a phone or video visit instead this time
- ★ Talk to people involved in the Family Time about your feelings so they don't misunderstand why your not there

### Things to remember:

- ★ Give as much notice as possible if you need to cancel Family Time and suggest an alternative so your child knows you want to see them.
- ★ If you continue to struggle with Family Time, get professional help and support to work out a way to get Family Time back on track.
- ➤ The hard moments will pass.



