Cheat Sheet
For Taking Care of Yourself

1. Find time for yourself.
   - Nap when your baby is napping.
   - Take 10 minutes after your child falls asleep at night.
   - Teach your child your favorite hobby.

2. Find time to laugh with your child.
   - Watch a funny movie together.
   - Tell silly jokes or stories.

3. Talk with a friend on the phone.

4. Read a chapter of your favorite book.

5. Remember to exercise. Try it with your child!

6. Squeeze in 10 minutes for a cup of tea.

7. Allow yourself to go to bed 20 minutes early!

8. Allow someone to watch your child when possible and get away!