



CHECKLIST

7 Quick Power Tips for Instant Stress Relief

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Self-Care is Strength, not Selfishness

"Only those who recharge their own batteries can truly shine for others." Self-care is not a luxury, it is the foundation for calmness and joy in everyday family life. As a mother or father, you are there for others every single day. That's why it is even more important to also take care of yourself. These seven impulses will help you recharge your energy and make your daily life more relaxed.

- ★ **Breathe consciously:** Take one minute several times a day to pause. Close your eyes, breathe in deeply and exhale slowly. This simple act tells your body right away: "Everything is okay."
- ★ **Sleep is sacred:** Create regular sleeping hours and small evening rituals. Even a short digital-free moment with a book or a cup of tea can work wonders.
- ★ **Move freely:** Whether it's a walk, stretching, or dancing in your living room, movement releases stress and gives you fresh energy for both body and mind.
- ★ **Say a kind "No":** Your energy is limited. Setting boundaries doesn't mean letting others down, it means taking yourself seriously.
- ★ **Enjoy your islands:** Plan regular little moments just for yourself – a bath, listening to music, a hobby. These small islands are your personal lifeline in the daily hustle. It doesn't have to be a marathon – even a 10-minute walk makes a real difference.
- ★ **Digital time-outs:** Put your phone aside, switch off notifications. Notice how liberating it feels to be truly present in the here and now.
- ★ **Cultivate gratitude:** Write down three things each evening that went well. Focusing on the positive shifts your perspective and brings you more calm.

Self-care is not selfish, it is a gift to yourself and your family. Even small steps make a noticeable difference and give you fresh energy. When you treat yourself with kindness, your children learn to be mindful with themselves as well – a valuable role model for life.

So take time regularly to listen carefully to your own needs. Whether it's a short break, a kind "No" or a moment of gratitude, every one of these steps strengthens you and your inner balance. If you are looking for more inspiration for a calmer family life, visit us on **ChildHelp.info** where you will find many more tips and suggestions.

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Self-Care – The Key to greater Serenity

Self-care is a quiet, loving companion on the journey back to yourself. Because self-care is not a luxury and not selfishness. It's a necessity. Especially in everyday life with children, when everything happens at once: tantrums, exhaustion, guilt, perfectionism. All of it drains you – often silently and invisibly. This book is a gentle reminder that you are more than just a "functioning parent." That your needs matter. That taking care of yourself isn't selfish – it's brave. Strong. And healing.

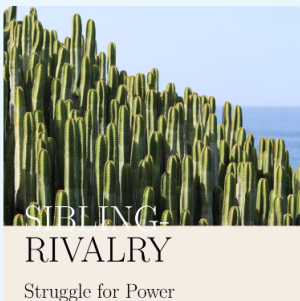
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Token-System – Reward-System

A token system is a method of positive reinforcement designed to encourage desired behavior in children. The basic idea is simple: A child receives a *symbolic reward* – a token – for a specific behavior. This token can later be exchanged for an actual reward. The system has its roots in behavioral psychology and has been successfully used for decades in schools, therapy settings, and families.

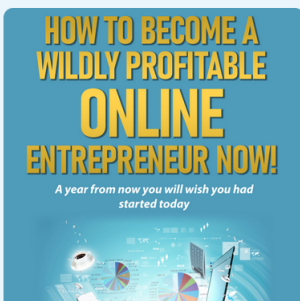
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Sibling-Rivalry

If you have more than one child, you know them all too well: the small and big conflicts of everyday life. Whether it's about the favorite toy, the bigger slice of cake, or simply about being "right" – sibling fights are exhausting, loud, and often nerve-racking. And yet, they're a natural part of family life. But you're not powerless. With a bit of background knowledge, a dose of empathy, and the right strategies, you can not only help defuse the tension – you can even turn it into an opportunity.

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