12. SUBJECT: Take time for you!

One of the biggest myths of parenting is that parents cannot (or should not) ever take time for themselves.

Of course we want to be selfless parents—working tirelessly for the kids we love with all our hearts. That’s a good thing.

But we cannot be all that to our kids if we’re running ragged all the time.

Here’s today’s *Tip for Modern Parents*:

**It’s absolutely okay—good, even!—to take time for yourself as a parent.**

There is no formula to this; it must ebb and flow with the realities of life. Sometimes we must push through. But then we need to remember to take time to do something that brings refreshment and relaxation.

What helps you feel better as a parent? How can you incorporate those things into your life?

Schedule some time this week to recharge with a good book, a nap, a long walk, or whatever energizes you (assuming it’s legal and not hurtful to yourself or others!). And don’t feel guilty about it!

Onward to better parenting,

ADD NAME