

Taking Care of Yourself

照顧好你自己



YOU ARE THE MOST IMPORTANT PERSON IN YOUR CHILD'S LIFE

你是孩子生命中最重要的人

- You need to take care of yourself in order to be able to best care for your child
- As a parent you may get stressed, tired or lonely. Ask for help because parenting is far too important a job to do alone - support from family, friends, neighbours and community programs can help
- Children learn what they live so it is important to take care of yourself and set a good example
- It is important that you regularly take time for yourself - you are a better person if you take care of yourself
- Time alone with your partner is also important - it may take a lot of planning but it is well worth it - the cost of dinner and a movie is cheaper than an hour of relationship counselling
- Raising a child is a big job - everybody needs help from time to time
- 你需要照顧好自己，這樣才能更好地照顧好孩子
- 作為家長，你也許會倍感壓力，疲累或孤獨無援。請尋求幫助，因為撫育子女絕不是單獨一人能做的重要工作 - 家庭、朋友和鄰居的支援，以及多項社區服務均可幫忙
- 孩子從他們生活環境中學習，所以照顧好你自己和建立一個好榜樣，是很重要的
- 你需要經常給自己一點時間，這是非常重要的 - 照顧好自己，你就是更好的人
- 花點時間陪陪你的配偶也很重要的 - 這可能花很長時間來計劃，但確實值得 - 晚餐和一場電影的費用，比一小時的婚姻輔導要便宜得多
- 撫養子女是一項龐大的工作 - 每個人不時均需要幫助

WHAT YOU CAN DO:

Many parents get support from talking to other parents. There are places in Richmond where you can meet other parents – including parent-child drop-in programs, parenting workshops, library programs, parks, playgrounds and your faith community. Some programs even offer free childminding. Look in the Parenting and Learning and Play sections of the Richmond Programs and Services section starting on page 106 of this booklet. Visit RichmondKids.ca to see a calendar of events, programs and activities for families with young children.

Make time for yourself during the day. From minute vacations to planned activities, even a few minutes can help you relax and feel better about yourself.

- Put your feet up for 5 minutes and drink a cup of tea
- Take a long bath
- Exercise regularly
- Eat healthy
- Ask a family member or friend to watch your child and go for a walk on your own
- Listen to music
- Learn how to deep breathe to help calm yourself
- Keep up with hobbies and personal interests

你能做什麼:

很多家長可以通過與其他的家長交談得到支持。在列治文有一些地方你可以遇到其他家長，包括無需預約給家長與子女參加的活動、親子工作坊、圖書館活動、公園、遊樂場及你所屬的宗教團體。一些活動甚至提供免費的看護幼兒服務。請參閱本小冊子第106頁起的列治文計劃和服務 (Richmond Programs and Services) 內親子教育、學習、玩耍部分 (Parenting and Learning and Play sections)。歡迎登入 RichmondKids.ca，瀏覽活動日程表，以及專為有幼童的家庭而設的服務和活動。

每天給自己騰出一點時間，可以是短短的休息或是有計劃的活動。甚至只要幾分鐘，也可以幫助你放鬆，自我感覺更好。

- 抬起腳5分鐘，喝上一杯茶
- 洗個長時間的澡
- 定時運動
- 健康飲食
- 請家人或朋友看護你的孩子，自己出去散散步
- 聽音樂
- 學習如何深呼吸，幫助自己冷靜
- 保持愛好和個人興趣



WHEN TO ASK FOR HELP:

- When you are stressed, tired or lonely
- When you are dealing with anger, domestic violence or post partum depression or anxiety

WHO TO ASK FOR HELP:

- There are people who will listen and help you for free. Get more information in the Richmond Programs and Services section starting on page 58 of this booklet

何時尋求幫助:

- 當你感到壓力很大，很累或者很孤獨時
- 當你面對憤怒、家庭暴力或產後抑鬱或焦慮時

向誰求助:

- 有些人會願意傾聽，免費幫助你，詳情請參閱本小冊子第58頁起的列治文計劃和服務 (Richmond Programs and Services) 內的資料。