

# Busy-Parent Selfcare Strategies

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501.c.3  
nonprofit

# My Story



Parent-Care  
Keys  
Principles



# Care vs. Catch Up



Integration  
vs.  
Separation



# Respite vs. Retreat



# Long Term vs. Short Term



# 8 Fundamentals

**for regular parent-care**



# Posture

Attaining – Maintaining – Strengthening



# Breathing

Nasal – Day Regulation - Nighttime



# Community

Meaningful Connections



# Hydration

What – When – Why – How Much



# Mobility

Stretching – Floor Sitting – Hanging – Walking



# Eating

Feasting & Fasting



# Worship & Meditation

Scripture – Music – Prayer – Motion



Mind

Always keep learning





# The Power of Stacking



# EMPOWERING HOMESCHOOL CONVERSATIONS

*Your Homeschooling Authority on Teaching Diverse Learners*



**LIVE**  
STREAMING



Stephanie  
Buckwalter



Leilani  
Melendez



Peggy  
Ployhar



Annie  
Yorty



Dawn  
Jackson



**HOMESCHOOL**  
HEROES

## Find your people!

Connect with local families and share your  
homeschooling experiences.

