

Supporting Parental Burnout

A practical guide for parents and carers



Set boundaries

It's okay to say no. Prioritise tasks and let go of what's not urgent.



Seek practical support

Think about who could help—friends, family, colleagues, or your child's school.



Talk to someone

Explain how you are feeling and ask for the help you need.



Set Aside "Worry Time"

Choose a specific time each day to sit with your worries.



Remember the Positives

Think of a few things you appreciate each day.



Improve Your Sleep

Reflect on your sleep habits and look for ways to improve rest.



Find Ways to Be Active

Fit small bits of movement into your day, like a walk or some stretches.



Create Moments of Calm

Pause and unwind with a soothing activity, such as a bath or listening to music.

Remember: Parental burnout is common—and it is not a sign of failure. Small steps and the right support can help restore balance.