

# Self-Care for Caregivers

**Reclaim Compassion: The Adoptive Parent's Guide to Overcoming Blocked Care with Neuroscience and Faith** by Lisa C. Qualls and Melissa Corkum is a book for adoptive parents who struggle with "blocked care," a self-protective nervous system response that hinders connection with their child. The guide combines personal stories, neuroscience, and faith to help parents understand why this happens and offers a step-by-step process to heal and rekindle compassion, assuring them they are not bad parents and that healing is possible.

**Self-Compassion for Parents: Nurture Your Child by Caring for Yourself** by Susan M. Pollak: This book helps parents let go of self-judgment and respond to their own imperfections with kindness. It includes simple, practical guided meditation techniques (most under three minutes) that can be easily integrated into a busy schedule, helping parents feel happier, more energized, and more patient.

**Mindfulness for Parents** by Amber Hatch: Written in an accessible style, this book teaches parents how to become more patient and calm by using mindfulness techniques. It covers topics like dealing with the early weeks, managing difficult behavior, and introducing mindfulness to children, providing practical information and anecdotes.

**Set Boundaries, Find Peace** by Nedra Glover Tawwab: This book guides readers in setting healthy boundaries to foster self-care and find peace. It is especially recommended for mothers who often struggle with setting boundaries.

**Breathe, Mama, Breathe: 5-Minute Mindfulness for Busy Moms** by Shonda Moralis: A "Mom Must-Read" according to Parents magazine, this guide offers quick, daily opportunities for busy moms to reset and refocus using mindfulness. It provides over 60 "mindful breaks" to help tune into personal well-being amidst the chaos of family life.

**Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids** by Hunter Clarke-Fields: This book offers powerful, practical strategies for parents to break free from "reactive parenting" habits (like yelling) and respond thoughtfully in stressful moments. It emphasizes using mindfulness to calm your own stress response and foster respectful communication.

**Everyday Blessings: Mindfulness for Parents** by Jon Kabat-Zinn and Myla Kabat-Zinn: This guide from a mindfulness pioneer offers a clear outline for applying mindfulness meditation to the parenting experience. It is praised for embracing the emotional and intuitive aspects of parenthood and helping parents slow down and grow in compassion.

**How to Keep House While Drowning** by KC Davis: A therapist and mom, Davis reframes housework as morally neutral and provides practical tips for building a cleaning strategy that serves the parent rather than the other way around. It helps parents let go of guilt and perfectionism related to household tasks.

**Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers** by Karen Kleiman: Over 90% of moms have scary or intrusive thoughts, and this book normalizes those experiences. A mental health expert, Kleiman provides insightful guidance, cartoons, and quick exercises to help moms make sense of their feelings and advocate for themselves.