

Parent and Carer Self Care Planner

Protect your energy while supporting someone with ADHD.

Non negotiables

- ☐ Medication or supplements taken on time.
- ☐ Movement most days (walk, stretch, dance class).
- ☐ Real food and hydration before midday.
- ☐ Bedtime routine that signals sleep at roughly the same time.

Weekly rhythm

Monday reset: _____

Midweek buffer activity: _____

Weekend recharge: _____

Micro-rest menu

- 60 second breathing card.
- Hot drink outdoors or near a window.
- Text a friend a three word check in.
- Five minute tidy of one surface to regain agency.

Created by Neurobreath - M Share - Educational information only; not medical advice. Updated November 2025.