Parental Burnout

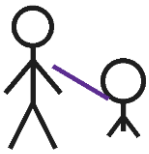
An Easy Read guide

This is an Easy Read document. It uses simple words and pictures.

What is parental burnout?

	Parental burnout means feeling very, very tired. It happens when caring for a long time is hard.

What it can look like

	Feeling exhausted, even after rest.
	Feeling far away from your children.
	Feeling you are not the parent you want to be.

How to help yourself

	Ask for support. You do not have to do this alone.
	Rest when you can, even in small amounts.
	Talk to a doctor if it does not get better.

Remember

	This is not your fault. Looking after yourself helps your family too.