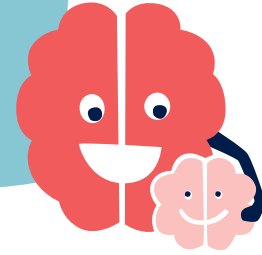


Parent Recharge Toolkit:

A guide to recharging, reframing and parenting with presence.

Parent Resource

This resource has been developed in collaboration with highly regarded social psychologist, Hugh Mackay AO



Hugh Mackay AO reminds us that the primary influence on children, even in 2026, is their parents. But showing up with kindness, patience, and presence requires us to look after ourselves first.

This toolkit brings together practical tools and honest reframes to help you build your own mental fitness - because when you fill your cup, everyone around you benefits.

A special thanks to Hugh Mackay AO for his collaboration on these resources. Hugh is one of Australia's most respected social psychologists, researchers and authors. For more than 60 years, he has studied human behaviour, relationships and social change, helping us better understand what it means to live a connected and meaningful life.

Please note: This resource has been developed in collaboration with Hugh Mackay and is intended for general information purposes only. It's not a substitute for professional advice. Gotcha4Life does not offer counselling or crisis support.

If you have concerns about your child's wellbeing, please speak with your GP or a qualified health professional. You can also explore a range of free, trusted supports and information at gotcha4life.org/help-resources.

For direct support, Kids Helpline offers free, confidential counselling for young people aged 5 to 25. Call 1800 55 1800 or visit kidshelpline.com.au.

Parent **RECHARGE** Toolkit

Being a kind, present, connected parent takes energy.

Genuine recharge, time in nature, movement, quiet, or creative activity, restores that energy in a way that scrolling or zoning out simply doesn't. Choosing rest that actually works for you is one of the most important things you can model for your children.

Genuine Recharge

- Sit outside with a tea or coffee before the household wakes up
- Listen to a favourite song or podcast episode
- Go for a walk around the block. Be in nature
- Stretch, dance or do a short yoga flow
- Cook a meal you enjoy, water the garden or dance to a song. Be creative
- Call a close friend to chat
- Take a slow, unrushed shower

My Recharge Plan

My go-to recharge (15mins):

Something I can do in a busy day

My weekly recharge:

Something I protect for myself each week

My recharge signal:

What do I notice in myself?

Who helps me recharge:

People in my village I can turn to

Mentally Fit Parenting Reminders

FLAWED PARENTING IS JUST PARENTING

None of us are perfect and when you fall short- too tired, too sharp, not listening- apologise and try again. Children learn more from watching you repair than watching you perform.

YOU DON'T HAVE TO FIX THE WORLD

In the face of so many global issues it can be easy to feel overwhelmed. Focus instead on what you CAN control: Your community, your home, your dinner table. Start there.

STAY ENGAGED, STAY HOPEFUL

The desire to be cynical and withdraw when things are hard is understandable, but not the answer. Small acts of connection keep hope alive. Show your children that staying present and connected, even when life is hard, is what mentally fit people do.

"Change happens street by street, home by home. If enough of us are doing that, that's the kind of world it will become." - Hugh Mackay AO