

PARENTING STRESS – AND WHY YOU DESERVE A BREAK!

Sometimes it seems like the demands and stresses of parenting just keep building up! But there are things you can do to get life back under control.

Think about what makes you feel stressed each day. If you lower this everyday stress, it will be easier to deal calmly with your children. It will also make it easier to cope with those unexpected things, like illness.

For some parents it just seems like there is too much to do each day. You might need to make some changes to your lifestyle. Talk to your partner about ways to change your routine or share the workload.

Call on friends and family you trust if you want some extra help. Everyone needs a little support now and then so there's no reason to feel guilty about asking them to mind the kids or to have a coffee with you.

For other parents, the hour after everyone comes home from school and work is the most stressful part of the day. Put a good routine in place where each person knows what they need to do. This will help your evenings to run smoothly.

Finally, you should always take some time for yourself to relax or do something you enjoy. Even 30 minutes a day can be enough to help you feel refreshed. Regular exercise and a healthy lifestyle help too.

