

THE “YELLING AT KIDS” & “PERFECT PARENT” TRAPS – HOW TO AVOID THEM!

With the pressures that come with being a parent it's easy to fall into one of the common parenting traps. Here are some of them:

The “criticism” trap is when you often battle with your child. You start to criticize them and soon you are threatening and yelling. Arguments like this leave both parent and child feeling angry. If you have these battles a lot, it's time to try a new way of handling the situation.

The “leave them alone” trap is when parents don't praise their child when they are behaving well. Kids might start misbehaving for attention. Try to praise behaviours you would like to see more often.

The “for the sake of the children” trap occurs when parents in unhappy marriages don't address their problems, for the sake of their children.

The “perfect parent” trap. There is no such thing as a perfect parent. Trying to be one will only lead to disappointment, anger and guilt.

The “martyr” trap is one where parents neglect their own needs. You don't have to devote all your time to your child. Good parenting only happens when adults look after their own needs, too.

