



Nurturing Yourself While Nurturing Your Child

Self-care is essential for all parents. Not only to stay patient, but also to keep finding joy and delight that is present every day with your children - even on the difficult ones. Children are happier and will cooperate more when you are joyful, calm and present. When you are feeling stressed, they may believe it is their fault, feel anxious and that they are not good enough. And they may even act out with challenging behaviour, because their threat response has been activated. Your big job then, is to make sure you are parenting yourself just as well as you are parenting your child.

How can parents help?

Try to tune into yourself as much as possible throughout the day. Take deep breaths whenever you can, breathing in calm and breathing out the stress. When you are feeling irritable, it is important to stop and think about what it is you *need* right now to stay balanced: can you sit outside for 5 minutes or put on some music and dance? Have a glass of water? Plan something you can do for yourself later, once they are in bed. You can also find ways to nurture yourself through times in the day that tend to be most difficult. Perhaps you can drink a cup of tea during bedtime stories or start the evening routine a little earlier. Finally, being present and slowing down will help you to take in the joy of every moment with your child and will replenish your spirit.

Sometimes we could all do with someone to talk to. If you would like to meet Roxy for a confidential and non-judgemental chat about you, your child, or any other worries, she is available on Tuesdays, 9-10am. You can call/text Roxy on 07730416019 or email her at roxy@schoolsounsellingpartnership.co.uk