

Taking Care of Ourselves as Parents

Finding time can seem difficult when dealing with the daily demands of our families, but it is important to take care of ourselves too, taking time out to refill our energy so that we have more resources available for our children whatever circumstance or situation arises.

Every family is different, but whatever its' make-up, it is important to recognise you are doing the best job that you can, be kind to yourself and remember that you are not alone.

Doing the best job you can

There is no such thing as a perfect parent – but a **good enough** parent is a reality – and far less exhausting! By having more realistic hopes and expectations, the **good enough** parent will:

- Allow their children to do things for themselves, encouraging their independence
- Encourages children to make decisions, but know that parents and children can all make mistakes
- Accept and respect children's feelings – we can all become stressed and frustrated
- Know that to care for our children, we have to be caring to ourselves too

**Parents – Being “Good Enough”
Right Now is OK**



Be Kind to Yourself

It is important to take care of our own needs, doing things for ourselves that will recharge our emotional and mental resources so that we can continue to respond to the demands of being a parent. Try to give yourself a break this week - enlist the help of another adult or older child in the household for a short time so you can

- Talk to a supportive friend who is able to listen
- Take a break from the challenges, and focus on something that you enjoy
- Listen to music, go on a bike ride, take a bath
- Download a timed meditation on your phone, or just sit quietly and think clearly

You are not alone

There are many forms of support available, from online parenting forums to local Facebook groups, where you can share experiences with other parents who will understand what you are going through.

- NHS website 'Every Mind Matters' has lots of information and ideas to support good mental health www.nhs.uk/oneyou/every-mind-matters/
- **Solihull Parenting team** is available to provide advice and support, as well as signpost you to specific organisations – contact us via bsmhft.parenting@nhs.net