

FOR PARENTS BY PARENTS

We asked Parent+ families and volunteers what was the one 'gem' they would share about their Parenting journey.

Communication doesn't always need to be verbal, a cuddle, a small gesture, a positive message on their bedroom door, dance in the rain... they sometimes just need reassuring that you are there for them.

If something isn't going to harm your child physically, mentally or emotionally or spiritually then let them do it. Life is too precious to get wound up about things that really don't matter.

I don't spend time focusing on the 'what ifs'.

Try and stay calm!

YOU are important too. When you are OK, it makes dealing with difficult situations much more manageable.

You don't have to be rich to give your children things they will cherish forever. Your time is more valuable than anything you can buy.

I put aside 15 minutes of special play with children each day, where they chose the game or activity and they make the rules. I've seen how important it is to connect with your child regularly; without the parents asking anything of them.

I would say don't expect perfection in yourself or your child, you are likely to be disappointed if you do.

Sometimes no words need to be said. Just a hug can be enough to show them you're there for them.

Every parent struggles at some point. There is no need to feel alone, I found it surprising to learn that just talking about your problems to someone can make you feel better.

I definitely pick my battles!

Have the confidence to be you. You know your child better than anyone else.

Take one day at a time

Try not to compare yourself or your child to anyone else.

You are not alone.

I would suggest, use your energy to support them moving forward with their life and don't waste time looking back.

When your child has an emotional outburst, keep on loving them and remember it's them dealing with their distress.

Remember to take time to breathe, especially in times of crisis.

I have learnt to avoid any kind of blame – things are the way they are.

Pause for a moment before you react.

Making mistakes is an opportunity to learn, grow and develop your understanding

I think it's important to accept your child's emotions and give them time to express how they feel

Being a parent can be the toughest and most rewarding job in the world!

I think it's important to accept your child's emotions and give them time to express how they feel

I learnt that actively listen to your child with your attention and your whole body.

It's empowering to offer your child hope that this will pass

Try grounding techniques if you find you feel overwhelmed by your child's emotions