

PARENTING TIPS



Looking after your mental health as a parent

@john_sharry



Parent Mental Health Tips

Becoming a parent brings many joys but it is also inherently stressful and demanding and can take its toll on your mental health.

With juggling the many demands placed on you as a parent, it is easy to get cut off from your natural supports and sources of rest or recreation. Over time you can become depleted, stressed and burnt out.

Many parents suffer from a constant guilt – a guilt that they are not doing enough or they are not doing it right and this all adds to the pressure.

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Children need
cared-for parents
as much as they need
parents to **care for** them.

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Parent Mental Health Tips

Good parenting starts with your relationship with yourself.

The more you understand the sources of your own reactions and attend to your own needs, the more you will be able to understand and respond to your children's individual needs.

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Parent Mental Health Tips

Practising self-care as a parent has benefits for your children as well as yourself.

Not only will you feel more secure, content and fulfilled as a person, but your children will have access a more available, attentive and consistent parent.

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Redirect some of the **time** and **energy** that you have been putting into caring for your children towards **caring for yourself**.

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DAILY SELF-CARE

Try and have a daily relaxation time just for you.

This could be going for a short daily walk, doing yoga, 15 minutes reading before bed or having a cup of tea while listening to music.

Find something that works for **you**.

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WEEKLY REVIEW

Review the important priorities in your life every week.

Are you getting the right balance between your work and personal life?

Are you getting the right balance between parenting your children and attending to your individual needs?

Take time to understand your own needs and wishes as well as all the demands that are put on you as parent, worker, spouse etc.

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MANAGE STRESS

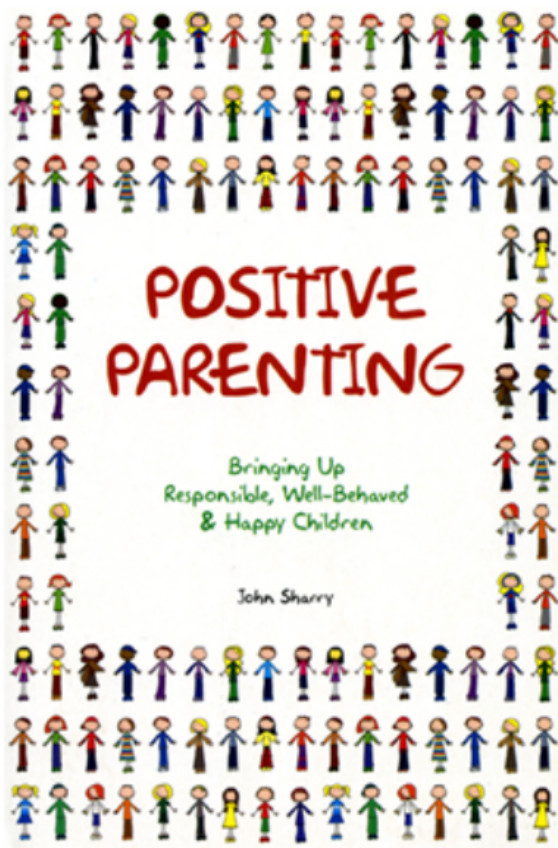
Notice the early warning signals of rising stress levels
- such as irritation, tiredness or sickness.

Take **early action** to address your stress
- seek support, change routines, say no to less important demands.

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Parent Mental Health Tips



Setting up a routine that includes self-care as a parent, might be extra work for you in the short-term but will benefit you in the long-term.

For more parenting tips, read my 'Positive Parenting' book.

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