

Dealing with Parenting Stress

Working through parenting stress can seem like a huge task. There are simple steps parents can take to stop the effects of stress:

- **Understand what is important**
 - ▶ Take a look at your tasks and ask yourself “Which of these are actually priorities or bring me joy?”
- **Try out a regular routine**
 - ▶ Try to go to bed and wake up at the same time every day, including weekends
 - ▶ Have regular mealtimes with your family once a day
 - ▶ Make time to be active – involve your child to create a fun, family experience
- **Use the help of family, friends, and community**
 - ▶ Reach out to family members, friends, and community supports for help with important tasks
- **Talk to someone**
 - ▶ Sometimes the best parenting practice is to show our children that we know our limits and can reach out for support
- **Create healthy and caring relationships**
 - ▶ Stay connected to the people you love

PFS CARE

Positive Family Support: Communities and Resilience in Education (PFS-CARE) is a trauma-informed comprehensive model of family engagement in school. The purpose of PFS-CARE is to enhance the capacity of schools to engage meaningfully with all families and foster family empowerment. This is done by adopting practices within the school that support collaboration in creating optimal school and home environments for learning.



HOW CAN I NOTICE AND COPE WITH PARENTING STRESS?

PARENTING STRESS

Being a parent can be very stressful at times, especially after experiencing a very stressful event, or many stressful experiences one-after-the-other. Stress can grow over time and leave many parents feeling out of control.



Effects of Parenting Stress:

- ▶ Feeling more frustrated or annoyed than usual
- ▶ More negative feelings than positive feelings
- ▶ Feeling tired all of the time
- ▶ Finding it hard to be the parent you want to be
- ▶ Having a hard time being present when your child needs you

While parenting stress is normal, there are things you can do to feel more in control. By feeling your best, you can positively impact your relationship with your child.

Parent Self-Care

As a parent it is very important that you take care of yourself and your needs! **Practicing self-care is a very important step in taking care of your child.**

Physical Self-Care Ideas

- ▶ Spend times outdoors getting fresh air and natural light
- ▶ Take time away from people, TV, social media, and phones
- ▶ Get enough sleep
- ▶ Eat regularly and in healthy ways
- ▶ Move or exercise
- ▶ Keep up with your medical appointments

Emotional Self-Care Ideas

- ▶ Read something you like
- ▶ Spend time with people you like
- ▶ Stay in touch with others
- ▶ Express emotions
- ▶ Cry if you need to
- ▶ Spend time doing activities that you enjoy
- ▶ Talk with a friend about your feelings

Spiritual or Creative Self-Care Ideas

- ▶ Give yourself time to be alone
- ▶ Attend church if you like
- ▶ Spend time in nature
- ▶ Find a hobby
- ▶ Write in a journal
- ▶ Learn something new that you always wanted to do
- ▶ Be kind to yourself. It is okay to not be okay all of the time.

Sometimes it is hard to include these activities in our lives. Remember - if we focus on staying healthy and well, caring for our children is much easier and more rewarding.

