

OPENING HOURS

Monday, Tuesday & Friday in Toowoomba

Wednesday & Thursday in Pittsworth

After hours appointments available

Parenting Tips

Being a Parent

Becoming a parent does not come with an instruction manual for all the things you will face. It is one of the most important and difficult things you can do as well as one of the most rewarding. To raise a child is a huge responsibility, which is usually taken for, granted and for which no training is required. Most parents learn as they go, influenced by the way they were brought up, or by what they have read or watched others do. Parenting styles may be different but we all share a common goal. We want our children to grow up to be healthy, happy, well adjusted, successful, honest, caring, responsible adults who will be respectful of others' feelings and property, be able to get along with others and be able to cope with difficulties. Wow, what a big job you've taken on.

Your Feelings: One of the most important things in parenting is your own attitude to it. Do you like it, do you feel scared about it or are you thoroughly enjoying it? As a parent you will experience a range of emotions, which are all normal and yet can make you feel like you are on a roller coaster ride. You will feel love, joy, pride and you will also feel anger panic and despair. Often parents feel unappreciated by their children or not valued by others. Such emotions can leave you feeling guilty or thinking that you are not a good parent. Most parents at some time feel tired and upset and question what it is all about. It is important to remember you're not expected to be perfect and that all parents feel that they have made mistakes at some stage.

Things that might make parenting easier:

- **Find out what you don't know:**
 - Be informed about how children grow and develop.
 - Recognise that you can do things differently.
 - Be willing to say you don't know how to do some things.
 - Ask for information or advice.
 - Try new ideas.

- **Trust yourself:**
 - Everyone has their own ideas about parenting and sometimes it's easy to become confused or to feel not good enough.
 - Listen to other people's ideas but do what feels right for you and your children.
 - Trust your own judgment.

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- **Value yourself:**
 - You are doing an important job.
 - Be proud of the effort you have put in through the day, no matter how small the task.

- **Look After Yourself:**
 - Remember you are a person as well as a parent. Be careful not to expect too much of yourself and of others. Enjoy your own special talents. Praise yourself for simple things. Try to find things to look forward to.

- **Reward yourself:**
 - Do at least one thing a day that makes you feel good.
 - Ask someone to help so you can have 'time-out' to do whatever you feel like doing even if its 30 minutes – have a bubble bath, read a magazine, kick a football, go for a walk, talk to a friend.

- **Talk to yourself:**
 - Use lots of positive self-talk. Having a positive attitude can lead to positive outcomes.

- **Get support:**
 - Parenting is so hard to without help from others. If you feel alone and can't find support within your family, find someone to talk to about your concerns. Don't be afraid to ask for help.

- **Take care of your relationship:**
 - One of the best things you can do for your children is to look after your own needs for support and love. Your closest relationship will probably be with your husband or wife or partner, but it may be with a special friend. Make regular time for your adult relationships\where you can be alone together, do things you enjoy together, talk over the day's happenings, share ideas and feelings and just relax. This is one of the very best gifts you can give to your children. Children learn about relationships by what they see happening with the people around them.

Note: If you need help don't be afraid to ask - Need someone to talk to, someone who can offer suggestions on how to deal with the tantrum or the disobedience, or just someone to talk to, to let it all out. Ring Parentline on 1300 30 1300 (or if you prefer e/mail parentline@kidshelp.com.au) any day of the week between 8:00 am and 10:00 pm. For more information about Parentline go to their web site (www.pparentline.com.au).