

Managing the challenges of parenting
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Please include the below paragraphs in your next newsletter if relevant to your audiences and continue to remind parents about the resources and information available to them on [Parentclub.scot](https://parentclub.scot).

Managing the challenges of parenting

Being a parent or carer is the best job in the world, but it can also be one of the most stressful. There will be days when it all feels a little too much, especially at the moment.

All kids can act up. Sometimes they do it to test boundaries, sometimes they want attention and other times they're just being kids. You may find yourself getting wound up, especially if you've already had a tough or stressful day.

It may feel impossible not to get angry or frustrated but there are things you can do which will help you stay calm.

1. If you're angry, avoid eye contact with them for a moment as you try to calm down.
2. Count to five with your eyes closed. You could even ask them to count with you.
3. Step away for 5 minutes if you can safely.
4. Take some deep breaths until you feel yourself calming down.
5. Pick your battles, some situations aren't worth getting into an argument about.
6. Before you react, pause and think about how you want to deal with this.
7. Sometimes it's best to talk things over when you're not in the heat of the moment. Tell them that you're both upset, and need a break right now. You can then talk about it later.

There are also things you can do to help calm your child down. Here are some tips you can try:

1. Ask yourself why they're misbehaving. They might just be tired, hungry, or excitable. If you don't know what's wrong, ask them. If they're little, maybe use colours, pictures, or their toys to help.
2. Get down to their level. Sometimes all they need is a cuddle and let them know you understand how they feel.
3. Talk to them calmly to explain why what they were doing was wrong.
4. Let them know that you're listening and understand their feelings.
5. With very young children, it may help to distract them with a book, a toy, or looking at what's going on around you.
6. If you're both shouting, no one hears each other. If you speak in a quiet voice, it'll make you seem like you're the one in control – and they'll have to stop shouting to hear you.

Remember that you're not alone – all of us struggle from time to time. There are lots of resources to help you manage the difficult situations.

ParentClub.scot offers lots of tips, advice and resources to help you manage the challenges of parenting, visit parentclub.scot/topics/coronavirus/coping-with-parenting.