



Work Life Services Newsletter July 2022

Call our toll-free number 1-800-364-6352 for assistance

Tips for Parenting in Today's World

It's not possible to be a "super-parent," but many parents hold themselves up to this standard. Instead, find ways to be the best parent you can be. Let the guide below help you:

Prioritize

Wowing your family with that perfect lasagna recipe would be nice, but it's more important to take time for what's really significant. Nurturing and supporting your child is most important as a parent, so don't sweat it if you can't make every PTA meeting or make every meal a masterpiece, just make sure to be there for your child as much as possible.

Plan

Planning ahead for meals, chores, and special occasions can help everyone sort their schedule out to take care of what's important, when it's important. For instance, by planning menus and meals, you can buy what you need in advance. Freezing meals can also help you prepare home-cooked meals ahead of time, so you can heat them up quickly.

Family meetings can be held weekly to discuss roles, chores, and events in your family's life. Setting aside this time to communicate will be good for everyone, and it will teach kids to talk about issues that they may be having problems with.

Think about housework

If you're having trouble juggling household chores, try delegating tasks to older children or revising your standards. Your children will be happier if you can take time to play a game with them, instead of keeping the house spotless.

Find the right childcare facility

Childcare is a reality for working parents and it's essential that you find childcare providers that you can trust. Friends, relatives, or coworkers may be able to give you referrals; then, visit the places you are interested in, and see how much attention each child gets. Safety, food quality, space, and number of children per class are all factors to take into account before choosing a facility. Finding the right place is key to having peace of mind while your child is away from you.

Address your needs

Don't forget your needs while parenting. You'll be a better parent if you take time to take care of yourself. Make time for exercising, relaxing, or enjoying a hobby. If you have a partner or spouse, schedule a day for yourselves. Choose a romantic restaurant, go on a long walk, go dancing, or find another way to connect.

Do the best you can

You don't have to be perfect to raise wonderful children. Chances are that your children will be happier with a parent that doesn't try to live up to unrealistic standards. By not holding yourself up to super-parent standards, you'll teach your children not to have unrealistic expectations for themselves. Enjoy who you are, enjoy parenting, and love and nurture your children the best you can.