

10 Tips for *Stress-less* Parenting

1. Take time out each day to do something *for yourself*. Exercise, stretching, listening to soothing music, reading or meditation are some proven ways to reduce stress.
2. If you are feeling overwhelmed, arrange for some *outside help* so you can manage all aspects of your life more effectively.
3. Keep your *sense of humor* when things don't go as planned. No one is a perfect parent—or a perfect child.
4. *Accept* that children sometimes make mistakes, are inconsistent, and act thoughtlessly—this is part of being a child.
5. *Count* to 10 before you react when you get angry.
6. Ease tension with a human *touch*—share a hug, hold hands, or give a pat on the back.
7. *Listen* to your child and show you value your conversations. Good communication can prevent conflict and stress.
8. Schedule in family *fun and fitness*. Laughter and physical activity are great stress reducers.
9. Spend time with friends talking about your parenting concerns. Also share your reflections on the *joys of parenting*.
10. Learn how children mature so your expectations for your child's behavior are *realistic*.

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