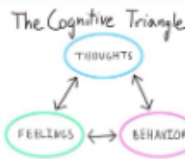


Thoughts and Feelings that Affect Your Parenting Skills

Parent Stress Management

- The way we act comes, from what we're thinking or feeling about ourselves, our own children, and children and parenting in general.
- Changing your unhelpful thoughts will allow you to change your emotions and behaviors.
- For example, if your child misbehaves at the supermarket you can have a variety of thoughts about this behavior. Usually these thoughts include reasons why your child is misbehaving. They may also include ideas about what this behavior says about you or your child. Some of these thoughts are helpful and some are unhelpful.



Helpful Thoughts

VS

Unhelpful Thoughts

"My child must be tired this afternoon"

"The fact that my child is misbehaving doesn't mean that I'm a bad parent. All children misbehave sometimes."

If you have these thoughts about your child's behavior, you will find it easier to maintain control of the situation

"My child misbehaving means that I'm a bad parent."

"My child is misbehaving. They are a bad kid and will always be this way."

If you have these thoughts about your child's behavior, you are more likely to become upset or angry, and behave in a way that you may regret later

