

Conquer Chaos: Parent Hacks for Thriving at Home

Parenting is a rewarding journey, but it also comes with its fair share of challenges. It can sometimes feel isolating, and there may be moments when the responsibilities seem overwhelming. During these times, it's common to grapple with self-doubt, exhaustion, and a feeling that challenges are insurmountable.

It's important to recognise that these feelings are part of the parenting experience, and more importantly, to realise that many individuals share similar emotions and you are not alone!

In this session, we will explore the various facets of parental stress, its impact on both parents and children, and most importantly, effective coping mechanisms to navigate these challenges.

Learning Objectives

- Understanding parental stress and recognising when it becomes unhealthy
- What causes parental stress and how does it affect us and our children?
- Application: parenting strategies to build resilience and overcome parental stress

Content Outline

Identifying Early Signs: Understanding Parental Stressors

- Recognising Stress/Burnout
- Signs of Parental Stress/Burnout
 - Exhaustion
 - Depersonalisation
 - Lack of Fulfillment
- Common Stressors Experienced by Parents: What makes Parenting difficult?

The Impact of Parental Stress, and How Parenting Styles Play a Part

- Effects on Mental & Physical Well-being
- Correlates with your Parenting Styles
- Effects on your Child's Development

Parenting Strategies for the Short-term and Long-term

- Mindfulness of the Bodily and Emotional Reactions to Stress in the Heat of the Moment
- Long Term Resilience-Building
- Pause & Disengage Strategy