



Parents and Stress

Being a parent is stressful. In addition to the daily hassles of caring for children having a family makes you worry about money, balancing home and work, discipline and many other things. It is important to remember that stress, whether it is related to your family or not, can change the way you parent.

Feeling stressed can make you:

- Cranky
- Frustrated by little things
- Tired or jumpy
- Lose your temper easily
- Unable to concentrate
- Worry over small problems

Some ways to cope with stress:

- Get enough sleep.
 - Talk to another parent.
 - Find a few minutes to yourself every day.
 - Eat healthy foods.
 - Exercise.
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When you are feeling stressed, think about the way you interact with your family. You may know that you are overreacting because of stress – but your children or partner might not.

Children are not able to understand where others are coming from well until adolescence. They are likely to be confused or hurt when you let stress affect how you interact with them.

Communication is key! If you say something you don't mean because you are feeling stressed, find a time to apologize and explain how you were feeling.

Kids get stressed too. Whether they are picking up on your stress or have their own worries, stress can make kids act out, feel irritable, have trouble sleeping – even wet the bed! The best way to help is to avoid talking with them about what is stressing you out and spend meaningful time every day talking to them about their lives.