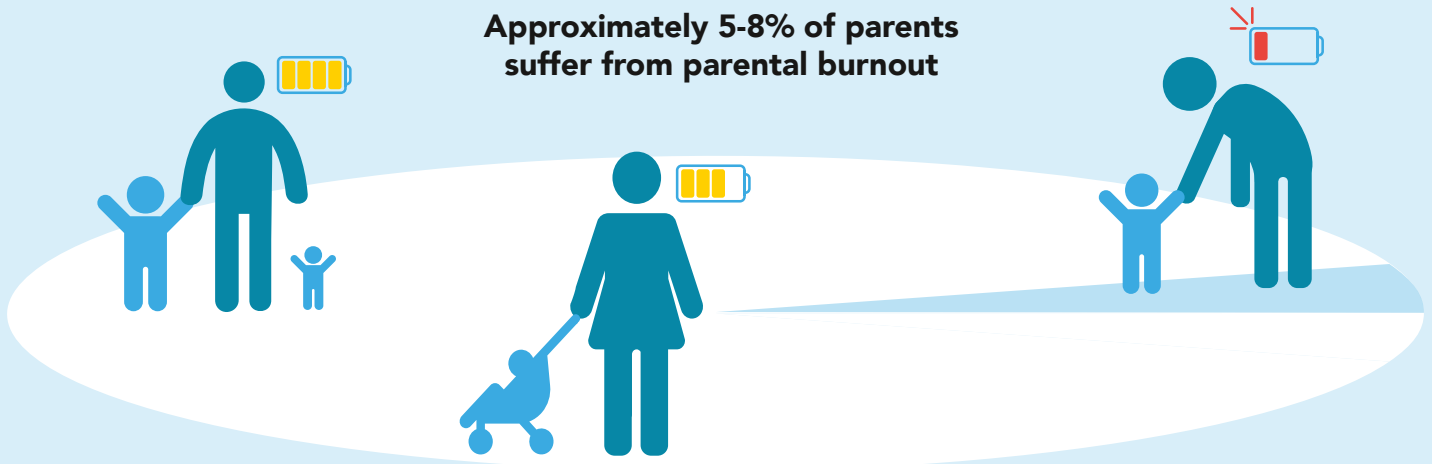


TAKING POSITIVE ACTIONS TO REDUCE PARENTING STRESS



RUNNING ON EMPTY

Approximately 5-8% of parents
suffer from parental burnout

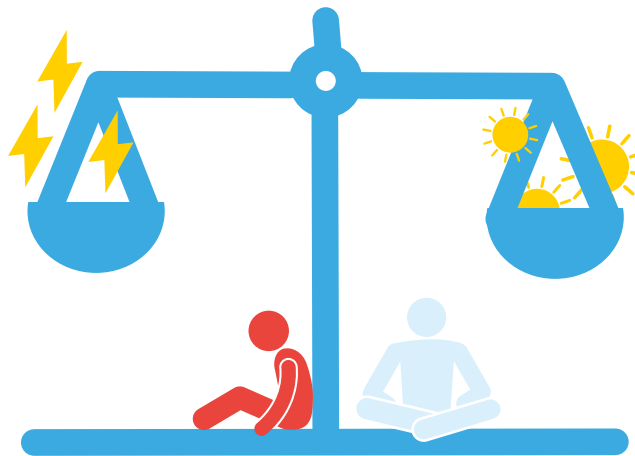


STRESS CAN LEAD TO 'BURNOUT' BUT COPING RESOURCES MITIGATE THE RISK



INCREASED RISK OF PARENTAL BURNOUT

Trying to be
a 'perfect parent'
especially if very
self-critical



COPING RESOURCES SEEM TO REDUCE THE RISK

**Emotional
competence** (a skill
that can be learned)
appears to lower the
risk of parental
burnout

REALISTIC EXPECTATIONS

Perfection isn't possible – for children, parents, or partners.
It's okay to make mistakes!



TAKING POSITIVE ACTIONS TO REDUCE PARENTING STRESS



SUPPORTING FAMILIES TO MANAGE STRESS, ESPECIALLY IN TOUGH TIMES

Stress can affect parenting and relationships in multiple ways. Positive parenting strategies, including having realistic expectations, self-care, and setting up effective routines, can all make it a little easier to cope with parenting stress.

All of this is especially important at a time when many families are facing extra financial and work pressures. Another source of stress can be the desire to be 'the perfect parent', and feelings of inadequacy.

Too much stress can make parents more irritable and less consistent with rules and discipline. They can also suffer from health problems.

Some people may also turn to unhealthy habits to deal with stress. Becoming more aware of thoughts and emotions can be a powerful first step.

Our latest parent blog outlines some ideas for parents to help reduce stress, and there's also a news article featuring relevant research and helping parents to avoid the 'perfect parent' trap.

SHARE THIS INFORMATION & LEARN MORE
**You and your colleagues can help local families
find positive ways to reduce parenting stress**

READ THE BLOG