



Wings

A Weekly Newsletter for Families

January: Week 4
Parenting Tips

"It's all about finding calm in the chaos"
- Donna Karan



Parenting can be very stressful. Whether you have made the choice to stay home, work outside the home, are a single or married parent, mother or father, parent of one child or several; remaining cool, calm and full of energy may seem impossible but can help get you through the long, busy days. Below are some simple stress relievers that may be useful in times of stress:

Rise and shine - Get up fifteen minutes earlier in the morning. The inevitable morning mishaps will be less stressful if you are prepared.

Write it down - Don't rely on your memory. Write down appointment times, dance practice, parent - teacher

conferences, when library books are due, etc. Writing often brings clarity to tasks and can always help you prioritize for the day.

It takes time - Be prepared to wait. A magazine or paperback book can make the wait at the post office or the bank almost pleasant.

Say "No!" - Saying "no" to extra projects, social activities, and invitations you know you don't have the time or energy for takes practice and self-respect but it is well worth it and will give you time to relax and spend time with family.

Talk about it - Discussing your problems with a trusted friend or spouse can help you see issues more clearly, concentrate on solving the problem, creating solutions and moving on.

Most important: Remember for every one thing that goes wrong, there are probably 10 or 50 things that went right. Count them all!

•• INFANT Inspiration

If your baby goes to childcare, pack the bag the night before. Infants have routines you can't skip or condense in the morning — they'll need a diaper, fresh clothes, and breakfast. Preparing the night before can help relieve unwanted stress and give you a little extra time.

•• PRESCHOOL Power

Choices, choices and more choices. Does he want to brush his teeth standing on the stool at the kitchen sink while you're feeding the baby, or in the bathroom? Does she want to put her shoes on first, or her jacket? Let them choose and enjoy a stress free morning!



•• TODDLER Tales

I know it sounds impossible, but if everything else is already done, try a five minute cuddle with your toddler. That time connecting with your child will transform everyone's morning. You will fill your little ones cup before the day starts and re-connect after the separation of the night, which may provide them more motivation to cooperate and may prevent morning resistance and create a peaceful start to the day.

