

Enhancing Parental Resilience

Podcast Transcript

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As parents, we've all had one of those never-ending days full of stresses, messes, and fussy kids. Even those seemingly perfect parents face temper tantrums, spills, and sleepless nights. The good news is that we can change how we react to those trying situations. A little flexibility and a couple of healthy outlets for stress can be the difference between bouncing back and collapsing after even the craziest days in parenting.

Being a resilient parent is all about flexibility. No, you don't need to stretch every morning before your kids wake up, although it couldn't hurt. I'm talking about going with the flow. In parenting, every day is different. Drinks spill, valuables break, clothes get stained, kids get cranky, and the list continues. When you look at the big picture, though, those are just minor hiccups. Getting frustrated at any one of these challenges doesn't make you a bad parent; it just means you're human! But, let's make a point to remind ourselves that we shouldn't sweat the small stuff. Instead, let's take each challenge as it comes, and handle it in the best way we can.

We aren't perfect. Once we admit that parenting is challenging, we can learn to accept those challenges, let them roll off of our backs, and instead of getting stuck in frustration, sadness, or anger, we'll have more time to enjoy all of the smiles, giggles, first words, and proud moments that make parenting so rewarding!

Parenting is just as much about taking care of ourselves as it is taking care of our children. Our kids deserve our support, love, and patience, but we're entitled to all of those things, too! We need to make sure we make time for our own hobbies and stress relievers. Read a book, spend quality time with your significant other, catch up with a friend, or do whatever helps you take a deep breath and stay calm. Remember that we not only deserve a little "me" time, but taking an occasional time-out for ourselves can keep us refreshed and ready to conquer the challenges and enjoy the highlights of each day with our kids.

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