

Taking Care of Your Mental Health

Survival Skills for Parents and Caregivers



With the summer solstice just a few weeks away, attention may be turning to “*summer vacation*” for your children or grandchildren. And the jackpot question might be “*how do I plan to keep them happy, safe, occupied and still control my sanity?*” Not an easy question to answer but keep in mind that as a caregiver you just have to be “*good enough and not perfect!*”

The primary job of all caregivers, after safety and nurture, is guidance. The world is a complicated place and your children need your help in learning the rules and getting along. Planning and knowing what will work and what won’t work based on your child’s temperament and personality are always the most important considerations.

Survival skills just have to accommodate, not be nutso crazy. Parents can’t be perfect. Why? Because we’re human and so are our children and yet parents still strive for perfection, feeling that if they don’t accomplish all the difficult tasks then they are failures.

Remember that as children grow, they are better off with the “*good enough*” caregiver, someone who offers the space to move ahead with increasing independence and curiosity. Also, learning at an early age to press on through adversity builds character and strength.

THOUGHTS FOR EACH DAY

You Are The Expert On Your Child And On Your Relationship With Your Child

You Are Already Doing So Many Things Well, So...

If It Ain’t Broke, Don’t Fix It.

If It Works, Do More Of It

If It Doesn’t Work, Do Something Different.

TEN SURVIVAL SKILLS TO FOLLOW TO BE A “GOOD ENOUGH” CAREGIVER

Respect Your Child – Teach them to follow your lead

Have Conversations About Expectations

Discipline with Kindness

Consistency is Key – Don’t change rules from day-to-day and behaviors will follow

Give them Freedom of Independence – Set limits but give them a sense of self-control and allow them to make their own choices.

Create Guidelines and Stick to Them

Be Adaptable and Flexible

Be Present – Being a caregiver is time-consuming and challenging but IMPORTANT, be there for them when they need you for attention, questions or support

Pour on the Love – Figure out what is best for your child and show support and loving attention.

Guide them in the right direction and practice kindness whenever possible

Be Your Best – BE THE KIND OF PERSON YOU WISH YOUR CHILDREN TO GROW UP TO BE. KEEP YOURSELF BUSY AND DO THINGS THAT ALLOW YOU TO FEEL GOOD AS WELL. YOUR CHILD WILL SEE THIS AND INTEGRATE IT INTO THEIR DAY- TO- DAY ROUTINE

