

Parenting is Hard Work

April 2010

Parenting *Rules!*

Parenting Can Be Stressful....



Raising kids can be a joyful and rewarding experience. However, the constant responsibility for another person can cause a lot stress for some parents. Learning to relax and cope with stress can bring peace and serenity to an often hectic lifestyle and will help the whole family to interact in a more calm and loving way.

Living a healthy lifestyle and taking care of yourself is one of the best ways to stop stress *before* it starts.

While everyone is different in what makes them feel relaxed; here are some suggestion to get you started:

- Get some **fresh air** and create some **space** between you and what is causing your stress.
- Take a **cat nap**, a little sleep can help reduce your tension level.
- **Meditate**; sit quietly and focus on breathing in and out deeply.
- **Exercise** is a great way to blow off some steam and release tension.
- Get together with a **friend** who is willing to listen and help you talk through your feelings.
- Take up a **hobby**, not only will it give you a sense of accomplishment, it is time to just have some **fun!**
- Get a babysitter **and spend** some **fun time with your partner or friends.**

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- Make it a goal to get at least **6-8 hours of sleep** each night.
- Eat a well-balanced, **nutritious diet**. Don't skip meals!
- Get some **time alone**. Ask your partner, a friend or relative to sit with the kids so you can have some time to yourself. Don't spend the time catching up on tasks! Just relax and do something for yourself.

Rhode Island Parent Information Network

175 Main Street Pawtucket, RI 02860

401-727-4144

www.ripin.org

Mom's Clubs

401-439-4351

www.momsclub.org

Care New England

45 Willard Avenue Providence, RI 02905

1-888-4CARENE

www.carenewengland.org

Rhode Island FamilyWorks

1-800-731-0987

ABOUT PARENTING RULES! E-NEWS...



Prevent Child Abuse

Rhode Island



Rhode Island

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Please share this information with the families in your programs. Thank you!