



Parenting is Not Easy

Try to Go With the Flow

Goal: Children do not come with a manual, but you are doing your best. Just hang in there and forgive yourself when things are difficult.

[Tip]: “Today my child would not eat their dinner and I got frustrated, but tomorrow I will try to be more understanding.”

Why is this important? Letting go of guilt and forgiving yourself can be freeing and helpful.

References: Harrison, T.L. (2012). Parenting styles and self-forgiveness: Are guilt and shame mediators? Trevecca Nazarene University, ProQuest Dissertations.

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