

Family Council

“Family: A Hub to Cheer You Up” Family Education Packages – Tips for Stressed Parents

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Tips for Stressed Parents

June : Many parents shared with me that when they help with their children’s homework dictations, tests or exams they are like in a battle with them Their good relationship a harmonious and intimate one suddenly fell into a tug of war (While there are always a winner and a loser in a battle) There shouldn’t be any in a parent-child relationship Here are some suggestions for parents

Tip 1: To focus more on children’s needs

June : First, to adjust your mindset Focus more on children’s needs than their academic performance In fact, children are under a lot of stress over their studies They need their parents’ care and understanding

Tip 2: To appreciate areas the children are good at

June : Parents are suggested to appreciate areas their children are good at instead of focusing on their weakness As long as parents suit themselves into their children’s shoes it will be easier for them to follow their hearts getting to understand that their children have many strengths begin to show them recognition and appreciation Children will eventually understand that their parents are their biggest supporter

Tip 3: To correctly accept the negative emotions

June : Other than that, I also suggest parents should accept their emotions I know that most parents play multiple roles in their life

They have to work, take care of the family
manage their children's studies
as well as to handle a lot of house chores
It is very stressful indeed.
It is even more struggling for those parents
who have children with special needs
and requires tremendous patience and perseverance
It's possible that parents get worn out and exhausted
In times like these, parents need to tell themselves that
It is normal to feel negative
You don't have to blame yourself
or criticise yourself

Tip 4: To share and complement with other caregivers

June : Parents can share the work
with other caregivers at home first
and discuss how to complement each other beforehand
When someone needs help or feels stressed out
we can fill in for each other and provides support
When we find our family member
is stressed out
because of handling children's studies
perhaps we can fill in for that member
so that he or she can take a break
Give the member a pat on the shoulder
a glass of water
or even a hug

Tip 5: To plan a "Me Time"

June : Parents need to take good care of themselves
Regular and long-term care
Means taking time for ourselves
a "me time"
Find a little time every day
every week
or every month
to go on a date or going out with friends
Do something that we enjoy doing
such as exercising, gardening or watching movies
This helps keep our mind and body healthy

and also relieves accumulated stress

Tip 6: To take a deep breath

June : When there is an emotional outburst
a way to handle it immediately is to
take a deep breath
What's great about taking a deep breath is that
we can do it anytime, anywhere
We can take a deep breath
everywhere at home
We will then gradually calm ourselves

Tip 7: Share your inner feelings with companions

June : We can also choose one or two companions that we trust beforehand
I know that many parents of children with special needs
have joined peer groups or have companions
who they often talk to
You can identify one or two of them
When you are under huge pressure
or when you are exhausted
you can send that person a text message
This action shows that
you put trust in that person
and you know that there is someone who is always there
and understands you
By doing so, you will feel relieved
and be able to keep going