

BEING A PARENT ISN'T EASY

Finding it hard to cope with sleepless nights?
Toddler tantrums? Fussy eaters? You're not alone.

Every parent feels the pressure sometimes and finds it hard to cope. But it's important to stay in control. Remember, you are the most important person in your child's life!

Take a break!

- You deserve a break if you're feeling stressed.
- Ask a trusted friend or neighbour if they would drop by and mind your child for a short time to give you some 'you' time.
- If support is unavailable, take your child for a walk to the park, put on some music you like and make yourself a cup of tea.
- Get to know other parents at the local playgroup, through the early childhood centre, or at the park – create your own support network.
- Stress often stems from tiredness, disappointment or conflict – try to do something about it before it becomes too much to handle.

Feeling angry or upset?

- Close your eyes and count to five, or take five deep breaths.
- Explain to your child calmly and slowly why you are upset. Ask them why they are upset and listen to their response.
- Reassure your child.
- Never give in to what they wanted before they started the tantrum. This will encourage more tantrums.

- There is no point in punishing your child during a tantrum – it is frightening for them too. Take them somewhere quiet and wait it out.
- If you fear you might hurt them, put them somewhere safe and walk away for a few minutes. Tell them you won't be far and you will be back soon.

Preventing tension between you and your child

- Praise your toddler when they're being good.
- You and your partner should decide on a common approach to discipline. Your child will feel confused if you are telling them different things.
- Toddlers copy what they see. Make sure that you aren't teaching your child bad habits.
- Are you constantly saying "no"? Give lots of encouragement too!
- Plan your day to avoid stressful activities when you or your child are likely to be tired.



A normal toddler has 5-9 tantrums per week

NEED SUPPORT?

Parent Line: 132 055
Karitane Care Line: 1300 277 464 (24 hours)
Playgroup NSW: 1800 171 882
Or visit your local early childhood centre
DoCS Helpline: 132 111 (24 hours)



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