



Have you made mistakes as a parent?

We all have difficult times when we know we are messing up. Sometimes, we get triggered and we forget to see things from our child's perspective. So we lose it, react to their behaviours and can later be left filled with remorse. As this is a particularly busy time of year for many, we can easily feel more stressed, which makes it more difficult to practice patience and calm when faced with challenging behaviours. It is helpful to remind ourselves that most things can be repaired.

How can parents help?

Parenting is hard and we are only human- which means that your child doesn't need you to be perfect. In fact, what they need from you is the space to be imperfect too, and to be loved and accepted for who they are. Luckily, we can model how to repair: *"I'm so sorry I yelled at you... You don't ever deserve to be yelled at. Let's rewind and try again. Here is what I meant to say..."* As long as our ruptures are followed by reconnection and outweighed by positive moments, they become learning opportunities for our children.

Sometimes we could all do with someone to talk to. If you would like to meet Claudio for a confidential and non-judgemental chat about you, your child, or any other worries, he is available on Mondays at 9-10am. You can call/text Claudio on 07901-000609 or email him at Claudio@schoolscounsellingpartnership.co.uk