



30 PERCEPTIVE PARENTING QUESTIONS

TRY NOT TO BECOME OVERWHELMED RAISING CHILDREN BECAUSE SIMPLY TALKING THINGS THROUGH CAN REDUCE STRESS LEVELS FOR EVERYONE IN THE FAMILY UNIT

WORDS: JOANNE WILSON

Everyone on this planet has been touched by the noblest and most challenging role invented – parenting. You’ve come from them, maybe you’re one yourself and you certainly know plenty of them.

Last week I discussed the need to avoid doing too much, too often, too soon and all at the same time. I too am a busy mum and I am frequently called upon for the role of “overwhelmologist” as couples I work with begin to crack under the pressure.

For this reason, I wrote about simplicity, less busyness with the intention of reduced stress for everyone.

So, there’s never been a better time to encourage some thought-provoking questions to support you in your role:

Ask yourself:

Do I frequently encourage my child? Do I ensure they know I’m there for them, believing in them and even communicating I’m wrong too sometimes?

Do I ever make allowance for my child to experience discomfort, challenges and disappointments?

Does my child just obey me or does their behaviour represent a connected relationship that fosters respect?

Do I secretly want my child to be successful, so I will feel auspicious?

How does my behaviour model that I wish my child to exhibit?

When I chastise my child, do I ensure my



message of love is still communicated at the end?

Ask your young child:

What is something I often say to you?

What makes you happy?

What is my favourite thing to do?

What makes me sad and what makes you sad?

How can you tell I love you?

What am I good at?

What am I really bad at?

What do you enjoy doing with me?

What are the five best things about being you?

How do you show people you care?

What does it feel like when I hug you?

If you had three wishes, what would they be?

Ask your older child:

Who are your three best role models?

Which five words describe you best?

Which five words describe me best?

If you wrote a book, what would it be about?

How do you describe me to your friends?

How do you best like helping others?

What makes you feel thankful?

How could I do better?

What makes you feel energised?

What’s a memory that makes you happy?

What makes you so awesome?

What makes someone smart?

What do you long for in your family right now?

I trust you’ll enjoy contemplating these questions and maybe even chuckle over some of the answers.

If you can take three new strategies prompted by this article, why not jot them down?

I encourage you to make them visible at home then diarise in your calendar. Then check in a month that you’re progressing on this often thankless, guilt-ridden yet unique and incredible role of parenting!

It is never too late to begin!

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