

# SIGNING UP FOR THE LOT

PARENTING DEMANDS PLENTY OF MUMS AND DADS EVERY SINGLE DAY

WORDS: Joanne Wilson

Have words to the effect of “I never signed up for this!” ever leaked out of your mouth? Maybe it was whilst desperately wrangling a fierce looking child as you wrenched them away from their screaming sibling? Was it in the form of a frustrated sigh whilst on all fours trying to wipe up the aftermath of an upturned bowl of cooked rice stuck to the furniture? Maybe you’d contemplated this during the dark hours nursing a feverish baby as you calculate the precious hours of sleep that you might not get back in bed wracked by worry? Could it have been whilst swilling a few drinks to calm those nerves as you waited up for the newly graduated driver to return home safely?

For all the projects we undertake in life, there’s one task we just can’t afford to get wrong, parenting!

Run into the majority of parents and they’ll usually mention how “busy” they are. Most of us want to provide a life that was just as good as or better than what we had.

Many mums and dads are feverishly seeking to keep up with the wealth of the Sunshine Coast community activities that exposes our children to a variety of pre-school or after school sports and arts in the hope they’ll be the best they can be. In the meantime, we can neglect what’s actually important, the relationship we have with them and the example we set.

I love the impact of the amazing people I work in counselling on their future generations with their newly acquired conflict resolution and communication skills among other things. Yes! It’s an exciting



ripple effect when we can mentor generations that promote dynamic and flourishing relationships and families. It’s life-changing and certainly rocks my world.

Welcome to my parenting series of which I look forward to discussing the countless challenges, demanding and confusing facets of this tricky role. May I qualify that I am a

parent and by no means perfect. I haven’t done this in a previous life that I’m aware of either!

Email [jo@theconfidantecounselling.com](mailto:jo@theconfidantecounselling.com) with your parenting challenges you’d love addressed as I’m confident you’re not alone. I’m truly excited to support and impact Sunshine Coast families and future

generations so watch this space.

Joanne is a neuro-psychotherapist and relationship specialist at The Confidante Counselling. Email [jo@theconfidantecounselling.com](mailto:jo@theconfidantecounselling.com) or visit [www.theconfidantecounselling.com](http://www.theconfidantecounselling.com)

## The Brisbane Festival Male Voice Choir

Presents the

## 2018 Sunshine Coast



Enjoy an uplifting afternoon of Sacred Choral Music, with the voices of the Male Voice Choir.

Thrill to a special program of new and inspiring choral arrangements, plus vocal and instrumental items.

**2.30pm Saturday 30th June**  
 Caloundra Church of Christ  
 30 Beerburrum Street, Dicky Beach

**FREE ADMISSION**

Donations will be taken to help cover the expenses of the program.

Contact: Neil Moss 0466 822 883 | Email: [malevoicechoir@bigpond.com](mailto:malevoicechoir@bigpond.com)  
[www.bfmvc.org](http://www.bfmvc.org) (CDs & DVDs can be ordered there)