



Parenting Support

It's not easy being a parent trying to do the best for our children. We always feel responsible and guilty and never good enough. Expectations from schools, society, media and our children put a lot of pressure on parents to become the perfect parent.

Use the tables below too look at the difficulties and strengths of your parenting skills. This will help you identify areas that you may need to work on or get extra support to deal with, as well as reminding you how good you are at being a parent.

Identify 3 key areas of difficulty for you as a parent.

1.

2.

3.

Now think about 3 key areas that you think are your strengths as a parent and write them here:

1.

2.

3.

No one wants you to be perfect.

Good enough is the best.

Identify your own support network this could be family or friends to help in areas that you have identified as difficult.