



EAP Educates: Helpful parenting tips.

The following parenting tips will assist your children in becoming mature, responsible and content adults. Remember to be consistent in their application to ensure a lasting positive effect on your children's mental health.

Put your relationship first

- It is hard not to put our children first.
- There are often not enough hours in the day to still give your spouse attention.
- Your work and your children leave you feeling exhausted with no energy left for your relationship.
- Your marital relationship acts as a model for your children's one day, so be aware of the messages you are sending them.
- If you have no time for one another, you become distant and grow apart, and consequently, you cannot relate any more.
- Put time aside for your spouse, your children and yourselves as a family.

Encourage independence

- It's natural to want to assist and protect your children, but keep it age and personality appropriate.
- Don't do things for your children that they can do for themselves.
- Encourage them to do things for themselves, praising them for trying (not getting it right or wrong).

Ensure routine and structure

- Routine and structure provide your children with a sense of security and trust.
- Don't be too rigid and inflexible, but rather consistent and fair.
- Carte Blanche leads to chaos and conflict.
- Be age appropriate.

Limit your child's activities

- There are so many activities available that all seem important for your children's emotional and physical development.
- You also want your child to succeed in this hectic, competitive world.
- However, children have limited physical and emotional resources as do adults.
- Listen to what your child is telling you and don't make them persevere. Ask whose need is it? Yours or theirs?
- Make changes before school marks drop, before your child becomes depressed, withdrawn or starts acting up.
- Keep the lines of communication open.

Let your children be children

- Don't burden your child with problems.
- Children will feel responsible to help you overcome your worries, but are powerless to do so.
- Be honest with your children about family matters, but limit information and detail to ensure it is age appropriate.
- Let your children know that you are in control. It's important as they need to trust you to take care of them.

Nurture your emotional and spiritual life

- An exhausted, stressed out adult cannot be a good parent.
- Take time for yourself to ensure your emotional and physical strength.



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- A mentally and physically healthy parent is more likely to find parenting a rewarding, worthwhile and fulfilling experience.

CONTACT THE EAP FOR MORE INFORMATION OR CONFIDENTIAL ASSISTANCE