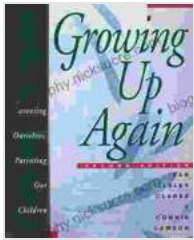


Growing Up Again: Parenting Ourselves, Parenting Our Children



Growing Up Again: Parenting Ourselves, Parenting Our Children by Jean Illsley Clarke

★★★★☆ 4.6 out of 5

Language : English
File size : 4161 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
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Print length : 336 pages



As parents, we are constantly growing and evolving alongside our children. We learn from them as much as they learn from us. We grow in our patience, our understanding, and our resilience. We also grow in our self-awareness and our ability to parent ourselves.

Parenting ourselves is just as important as parenting our children. It means taking care of our own physical, emotional, and mental health. It means setting boundaries and limits for ourselves, and learning to say no when we need to. It means being kind to ourselves and forgiving ourselves for our mistakes.

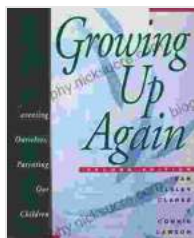
When we parent ourselves well, we are better able to parent our children. We are more patient, more understanding, and more resilient. We are also more likely to model healthy behaviors for our children.

Here are a few tips for fostering a healthy and fulfilling relationship with both ourselves and our kids:

- **Take care of your physical health.** Eat healthy foods, get enough sleep, and exercise regularly. When you take care of your physical health, you are better able to cope with the demands of parenting.
- **Take care of your emotional health.** Find healthy ways to manage stress and express your emotions. Talk to a friend, family member, or therapist if you need help. When you take care of your emotional health, you are better able to handle the ups and downs of parenting.
- **Take care of your mental health.** Set realistic expectations for yourself and your children. Don't compare yourself to other parents. Focus on your own strengths and weaknesses. When you take care of your mental health, you are better able to parent your children with patience and understanding.
- **Set boundaries and limits for yourself.** It's important to set boundaries and limits for yourself, so that you can take care of your own needs. Learn to say no when you need to, and don't be afraid to ask for help.
- **Be kind to yourself.** Forgive yourself for your mistakes. Everyone makes mistakes. When you are kind to yourself, you are better able to be kind to your children.
- **Be present.** Put away your phone and focus on your children when you are with them. Spend quality time with them each day, and listen to them without judgment.

- **Model healthy behaviors.** Children learn by watching their parents. Model healthy behaviors for your children, such as eating healthy foods, getting enough sleep, and exercising regularly.
- **Be patient.** Parenting is a marathon, not a sprint. There will be ups and downs along the way. Be patient with yourself and with your children.
- **Have fun.** Don't forget to have fun with your children. Spend time together ng things that you all enjoy.

Parenting is a challenging but rewarding journey. By parenting ourselves well, we can better parent our children and help them grow up to be happy, healthy, and productive members of society.



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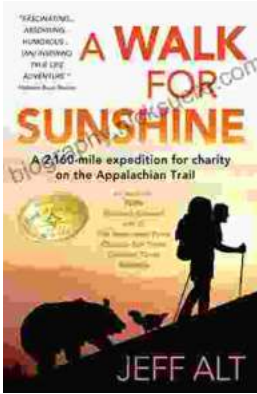
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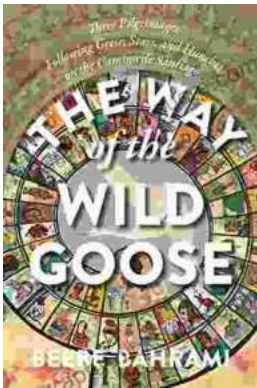
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