

Awesome athletes get coaching, why shouldn't awesome parents!! Want to be an awesome parent?

Keeping perspective in our daily parenting

by Lisa McKimm



You know those moments when we can lose our parenting perspective - don't you? When the stress of trying to get somewhere on time has got you ragged around the edges.

Or the room that you only tidied and cleaned this morning now looks as though Custer's Last Stand has just taken place in it?

Or the bickering between siblings has got you right to snapping point?

If you have been a parent - of course you do!

Well, what I am about to share may help you regain your parenting composure in these moments.

This week I have run a couple of ParentingWorx Booster Shot evenings. These sessions provide the opportunity for parents to reflect on their parenting progress since attending the Awesome Parents programme.

During these sessions we talked about the importance of a family knowing how it wanted to 'turn out'. If parents can identify what they would most value achieving - then this can become the compass to direct everyone's actions.

For instance, one parent stated that their vision was that "Our family will provide a dynamic fun-loving environment which is encouraging and co-operative, and enables everyone to feel secure, loved and respected".

Another offered "We want whatever we do to create a wonderfully positive source of memories for our children to base their futures on". These phrases were to become the Family Mission Statement (very much like businesses that have a mission statement to guide them).

Once you have written yours - the next thing you need to do is to attach your family mission statement onto the fridge and read it every time you pass by or open the door to get the milk out. Stick another one on the back of the loo door (only if you actually get to shut the loo door at your house - or you'll never see it!)

The more often that you read it - the more likely you are to find that your actions are matching it. What we focus on comes about. When you are about to lose your rag completely with someone - take just two seconds to ask yourself something. "Is this action of mine going to help us achieve our mission?" If it isn't - rethink it, take a deep breath - it's time, as they say in Hollywood, for Take 2! A calmer and more respectful approach may be all that you need.

For more coaching in this area, come and join us for an Awesome Parents course soon.

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