

### Chapter 1 : 6 tips for stress-less parenting - Delicious Living

*In the end, stress-less parenting may come down to knowing how to choose your battles. But, with a little patience and these tips, you can figure out your own effective parenting style for stress.*

Resentful and embittered divorced parents share inappropriate information with their children, or just outright lie to them about the other parent. Some do it for revenge. The real victims, however, are the children. They get deprived of emotional wellness and a chance for a healthy relationship with both parents. Even if sabotaging the parental relationship is successful, and the relationship between the children and the other parent is severed, the relationship with the alienating parent is far from healthy. The wrong way examines common mistakes remarried parents make, and the right way suggests a better, alternative approach that will help your kids feel happier, safer, and loved. Have an Adversarial Parenting Attitude You may still be angry, disappointed, and sad over the end of the relationship. Perhaps you even feel betrayed by your former spouse. Sharing any of these feelings with your mutual children is hurtful and damaging to your children. Children see themselves as extensions of their parents, with the good and the bad. So, if you paint a picture to your children of the other parent as selfish, mean, and uncaring, they will wonder how much of this description describes them. Have a Cooperative Parenting Attitude The more your children see their biological or adopting parents invest in co-parenting lovingly, effectively, and consistently, the more emotionally stable they feel. Children need to see that adults—in this case, their parents—are able to rise above emotional barriers, and cooperate for the greater good of their family well being. One of the greatest lessons in life is to teach children that while we are all entitled to our feelings, it is wrong to act out some feelings. A separation between feelings and behaviors is crucial to a healthy, compassionate society. You may believe that your former spouse has questionable values, beliefs, and behaviors. These are probably some of the reasons you are no longer together. Spare your children from your negative feelings and opinions of your former spouse. Remember, your children need their other parent for their emotional development. Yes, having a mediocre parent is by far better than being abandoned by a parent. Having different parenting styles is just that, different. Not better or worse. Make peace in your heart that your ex is in your life through the kids for good. Interrogate Your Children About What Took Place in the Other Household Demanding information on what the other home looks like, the stepparent, income, vacation plans, and specific interactions makes children anxious, insecure and frustrated. Children feel like they are between a rock and a hard place. They feel that the only way to get you off their back is to share information with you. However, that makes them feel like they are betraying their other parent. When you insist on getting information, you are actually telling your children that satisfying your need for information supercedes their well being. When they return to your home, they may bring a picture of their other parent. They may also bring stories about their experiences from the other household. Their sharing those experiences with you means they feel at ease. By setting an example, you can expect them to do the same at the other household, but if over-sharing is a problem, then gently inform them of your boundaries. Co-parenting effectively does a lot for your children. It provides a solid foundation for happy families by providing healthy boundaries. Those give your kids a better chance at growing into healthy, independent adults, who can one day become good parents themselves. Need a Little More Help? Survive undermining exes, hostile stepchildren, and other hazards with support and shared experience from people just like you! Take a Class for Stepmoms! Tired of intrusive exes, guilt-ridden husbands, and out-of-control children? The Stepmom Success System program is for you. Discover how you can be remarried Class begins on Tue, Jan 01,

### Chapter 2 : Parenting stress: 10 evidence-based tips for making life better

*No parent has a smooth stress free parenting experience. Yes, some cope better with the challenges than others but it comes down to perception, having tools and establishing consistent boundaries and having a loving positive relationship with your kids and your partner for support.*

Oct 16, at 2: ET Share Tweet Pin Nobody ever said parenting was easy, but here are some practical tips for how to worry less and enjoy parenting more. Pin Pin Find a pediatrician you like. In many ways, your pediatrician is like a partner. In fact, some women say that during the first couple of years, they talked to their pediatrician more than their husbands! Choose a pediatrician who offers practical advice and knows how to listen. Also, it is a good idea to interview several pediatricians and choose the one that best matches your childcare philosophies. Pin Incorporate time-saving products and services into your daily routine, when you can. Without a doubt, parenting is one of the richest and most satisfying roles we play. It is also filled with repetitive, routine tasks that can zap our best energy. There has been an explosion of modern conveniences designed to save you time and sanity. For example, tear-free shampoos can help avoid bath-time battles; home-cooked meal delivery services ensure a nutritious dinner on the table. Of course, some of these luxuries may not fit in your budget, but decide where it makes sense to invest a little money to gain some time to do things that matter to you. Balance each day to include something you enjoy. Time saving tools can help. Pin Plan ahead for tomorrow. If your children are in pre school or older, let them participate in this routine. In the course of managing your time well, you are teaching them valuable skills such as planning ahead, organizing, and problem solving. Pin Establish a predictable night-time routine and create comforting rituals. Reading, singing or a warm bath at the same time each night will help your child understand it is time to go to sleep. Let your child use a safe comfort object to provide security. Keep an "open door" policy to make your child feel connected to you at night. The cuddling and intimacy of your evening routine will help your child say good bye until morning as well as create precious memories for you. With older children past the "read-me-a-story" stage, take a few minutes to relax with them. Pin Avoid power struggles. Help your child cooperate with you by easing into transitions with plenty of notice, by allowing them to make choices "Do you want to put this sock on first or the other one? But, that extra minute you invest can mean the difference between a temper tantrum and a hug. Pin Play is a powerful antidote to stress. Parenting offers wonderful opportunities to rediscover and enjoy the child within you. Playing and laughing with your children not only deepens your relationship with them, it lightens your load and reduces your stress. More ways to de-stress your life How to put yourself first SheKnows.

### Chapter 3 : How to Help Kids Stress Less | Children's Hospital Colorado

*Description. Empower parents to cope with the challenges and responsibilities of parenting; Tension-relieving steps include: \* Keep your sense of humor when things don't go as planned.*

What can we do about it? But most parents lacking social support are painfully aware of the fact. The problem is that quality social support is like a lot of other resources: You might try enrolling in parenting classes. Studies indicate that parenting classes can reduce your feelings of anger, guilt, and stress -- particularly if your child has difficult behavior problems Barlow et al ; Furlong et al ; Feinberg et al Once those are gone, the stress tends to return. Here are some suggestions inspired by the latest research, 10 evidence-based tips for coping with parenting stress. Ration your exposure to negative thoughts and negative media. If a child is temperamental, defiant, or high-strung, you may be persuaded that his next move will be negative one. Stress makes people zero in on the bad stuff. But your beliefs and biases can become self-fulfilling prophecies. After a very brief exposure to negative emotional content, people tend to pay more attention to upsetting images, threatening words, and negative feedback Cartwright-Hatton et al ; Forbes and Leitner They replay bad memories or worry about the future. Such thoughts activate the stress circuits in the brain, causing even more anxiety and gloom. A single trigger -- an angry comment, an unpleasant reminder, or a distressing anecdote -- might be enough to set the process in motion. Under certain conditions of crisis, this may be helpful. Switching to threat mode is a good idea when a lion is stalking you. It can also undermine your ability to think constructively and solve problems. And that hurts everyone -- you, your family, your neighbors, and coworkers. This suggests a basic strategy for protecting yourself: Avoid unnecessary exposure to signals that drag you down. Switch off disturbing media; steer clear of hostile, rude, or judgmental people; consider taking a new route to work if it means avoiding noise, pollution, hassles, hostility, and other stressors. The reverse is also true: We can induce good moods by downloading positive content to our brains. Reflect on happy memories, read uplifting stories, share jokes, and pet the family dog. In fact, bearing witness to positive social messages may help fill the void left by missing friends and family. Focusing acts of kindness and social support -- even those we see performed by strangers in a photograph -- can deactivate the stress response Norman et al Use insights from psychology to help your future self In the comic novels of P. Wodehouse, manservant Jeeves always knows what people will need -- even before they do. You can take steps to become your own Jeeves by applying the lessons of modern psychology. How are you going to feel in a future situation? Experiments indicate that people are pretty bad at anticipating their future discomforts. So analyze what goes wrong, and make a deliberate, conscious effort to help out your future self. Are the kids going to fight over that particular game? Is that difficult relative going to stress you out? Decide ahead of time what you will do about it. Will the noise make you crazy? Allow for more time to get things done Time pressure is a universal stressor, but it hits some parents particularly hard. Researchers in Sweden report that mothers are more burdened by time pressure than fathers, and the women most affected are either highly educated, financially stressed, or lacking in social support Gunnarsdottir et al ; Gunnarsdottir et al Moreover, compared with adults, young children take longer to react, longer to check their impulses and longer to learn Lee et al ; Yim et al But even then, there is a lot you can do to cope. Studies show that people handle stress better when they reconsider the situation from a new angle Troy et al

### Chapter 4 : 7 Ways To Stress Less + Feel Great About Your Life - mindbodygreen

*Parenting stress puts a strain on the whole family -- sapping patience, damaging relationships, eroding well-being. What can we do about it? Parents are often urged to get more social support, and of course that's an excellent idea.*

Exercise, stretching, and reading are some proven ways to reduce stress. No one is a perfect parent, or a perfect child. Accept that children sometimes make mistakes, are inconsistent, and act thoughtlessly - this is part of being a child. Count to 10 before you react when you get angry. Ease tension with a human touch - share a hug, hold hands, or give a pat on the back. Listen to your child and show you value your conversations. Good communication can prevent conflict and stress. Schedule in family fun and fitness. Laughter and physical activity are great stress reducers. Talk with friends about your parenting concerns. Also share your reflections on the joys of parenting. Be firm, fair, and consistent. Never use physical punishment. It teaches children that violence is OK. Fit the consequences to the behavior. For example, if your child paints on the wall, the punishment should be to clean it off. Act as soon as possible so your child associates misbehaviors with their consequences. If you are very upset, cool down before you use discipline. Keep in mind that no one is perfect. We all make mistakes. Decide what behaviors you must take a stand on and which you can be more flexible about. This will encourage your child to continue the behavior you want. The lack of English language skills will not be a barrier to admission and participation in educational programs. Translation services are available at each school and at the Central Office. Inquiries concerning the American with Disabilities Act should be directed to Mickey Hall at

### Chapter 5 : Parenting | The Stress Less Baby Guide | E-Book or Hard Copy

*Parenting is a mixed bag. There's the euphoria experienced while watching your child achieve a milestone or crawl up onto your lap for a cuddle. But there's also the self-doubt, challenges to work and home-life balance, and loss of former self that come with the role. Natural Vitality Living.*

Natural Vitality Living turned to Laura Berman Fortgang, life coach, Oprah guest, and author of numerous books including *Living Your Best Life* Putnam, , for some advice on navigating the challenges that are part of parenting today. We have to stop trying to be great at all things at all times. Instead, pick an area to excel at. How can a mother who has left her job to raise children feel good about herself? She sees her partner advancing, other friends getting promoted, but her days end with peanut butter in her hair. Yes, this mother can feel like the ship is sailing without her. So they should work on asking for what they need to have good self-esteem. This parent also needs to remind herself of long-term goals associated with her decision to stay home with her kids. You have to keep your eyes on the prize. Can you talk about the importance of presence for busy parents? For example, when chopping an onion, feel the sting in your eyes; when your child is telling you a story about his day, just listen. We have to make these proactive decisions to be present. The payoff is that you can feel more satisfied. Why are transitions between activities so important? We just get out of the car and go boom-boom-boom from one thing to the next. You used to get a week in the hospital after you had a baby. This was to let the change sink in. Kids now go from school to activity to activity with little time in between for transitioning. I still try and give my kids time to adjust to a change. For parents, transition time can mean one more lap around the block in the car to listen to a favorite song before going home, or a special time after dinner to regroup before moving on to the next activity. How can a parent deal with those feelings? Good guilt nudges you on the shoulder about something, telling you that you might be forming a regret here. So you have to learn which guilt to pay attention to. The best gift we can give our work or our kids is our own peace of mind. Whatever makes a better you, in moderation of course, you should not feel guilty about doing. If we take care of ourselves then we can do everything else better.

### Chapter 6 : Glynnis Whitwer: 10 Tips for Stress-less Parenting

*Mindful Parenting: Introducing Our New Stress-Less Parenting Workshop With Carla Naumburg* It's a fairly common scene at my house with my 3- and 4 1/2-year-olds. "But Mooooommy," the whining.

In other words, stress is very individual, and whether something becomes a stressor to you depends on a variety of variables, according to Richard Blonna, Ed. D, a nationally certified coach and counselor and author of *Stress Less, Live More*: In addition, your response to the stressor also depends on your physiological state. Lack of sleep and many cups of coffee can heighten stress, whereas a great workout and a big breakfast may buffer it. That we have no choice but to get bothered by traffic, the flu, taxes and bills. But we do have some control over our response to potential stressors, as Blonna said. They look for one approach to work with all stressors in all situations at all times. As a health educator, Blonna knows the importance of a healthy lifestyle, especially for stress management. For instance, exercise not only improves physical functioning but it also helps your brain work better and process information better, he said. The goal is to get over your negative thinking and accept that while you may not be an expert in a certain subject, like in this case, you can still try your best and do what you can to learn the material. Our scripts from the past also can turn potential stressors actual ones. They can stunt growth in the very areas that we value. From the perspective of acceptance and commitment therapy ACT , Blonna said, we carry mental and emotional baggage about past events and experiences. When similar experiences come up, these old scripts lead to negative self-talk. Take the idea of a new relationship, he said. He likens this baggage to carrying around a duffle bag. Plus, once you experience a positive relationship or experience, you create a healthy frame of reference. Blonna gave an example from his own life when he was considering becoming an ACT trainer. The training sessions went exceptionally well, and he continues to train others. Take running, for example. It can help to keep a journal to track your activities and your feelings about them, Blonna said. Am I doing things that give my life meaning? Am I doing the right amount of things? Are you excited to start the day? For instance, Blonna has worked with students who take on 19 credits to please their parents, but they get incredibly overwhelmed with the course load. But practicing clinically proven relaxation techniques, such as deep breathing or systematic muscle relaxation, for about 20 minutes a day can help tremendously. Here, the goal is two-fold, according to Blonna: Maybe in addition to your physical activity routine, you need something more vigorous to release the tension so you lift weights or go on a brisk walk. She blogs regularly about body and self-image issues on her own blog, *Weightless* , and about creativity on her second blog *Make a Mess*. Retrieved on November 10, , from <https://>

### Chapter 7 : 10 Tips for Stress-less Parenting - Glynnis Whitwer

*Find a pediatrician you like. In many ways, your pediatrician is like a partner. In fact, some women say that during the first couple of years, they talked to their pediatrician more than their.*

Stress to me is anything that puts pressure on me – so that defines just about everything except sleeping. Brenda is an amazing woman, with a passion for helping parents. I needed to read her tips this morning after a weekend that brought more stress than normal. I hope you enjoy them too. Visit her website to learn more about Brenda. The address is at the end of the post. I like that because it explains why each of us stresses over different situations. At times, though, we all feel our kids and their behavior are out of our control. And not everything that can be counted counts. Two characters in Chinese spell the word stress; one character means danger and the other means opportunity. All kids can and do misbehave. There are no perfect kids. There are no perfect parents. Parenting is a short season of life. Physical affection is therapeutic; give and receive hugs. See humor somewhere in the situation. Talking to other adults can ease loneliness or frustration. Wisdom knows what to overlook. Good parents practice self-care: As a parenting speaker and writer, Brenda Nixon www. Her book, *The Birth to Five Book* is available at bookstores everywhere. Do you need encouragement in your daily discipline battles? Would a thought or quote inspire or affirm you? You will receive a tip each week. Have a stress-less day!

### Chapter 8 : 3 Co-Parenting Tips for Less Stress and Happier Children

*These co-parenting tips will make your life easier. Honest. Co-parenting often proves a nightmarish, combative process, with your children's health and well-being as collateral damage.*

But I am ten times more relieved. I am so ready for the structure that school days bring. Summer is perfect for relaxing, vacations, and being unscripted, especially for older kids like mine. And even those parents with younger children, who maintain some semblance of a routine, still long for the magic that teachers and classrooms bring. None of us can every really recreate that system at home, no matter how hard we try. So I am relieved, but. But I have decided to create a plan of attack and I wanted to share my stress less tips with you. Maintain Calm I decided to make staying calm the first step because just being able to do this, will make all other things go that much more smoothly. When I remember to take slow, deep breaths, especially when I want to pull my hair out, I can act instead of react to whatever challenge is facing me. I am the mom. Prepare One thing I know helps so incredibly much is doing as many things as I can ahead of time. This can be having clothes picked out the night before, making sure all backpacks and my work bag are packed, having lunches prepped, and ensuring that dinner plans for the week have been created and already shopped for. When I am organized, instead of creating on the fly, the morning seems to run with more precision. Plus, I can already have to go meals planned, or split pre and post practice mini meals, for my active kid and the rest of us in the peanut gallery. I know some moms who use checklists to keep themselves and everyone else on task. For meals, many moms simply use calendars or a dry erase board hung on the wall or fridge. Set Boundaries This one is another one that is of high importance to decrease stress, not just with school but all the way around. Heck, I even get sidetracked. What works for us is no tv or other electronics in the morning unless you are completely ready to walk out the door. This also can be instituted with diversions such as toys or pets or siblings playing with each other. Once home, I need a few minutes to myself. I want to, ahem, go to the bathroom, get into comfy clothes, and check the mail, then I am ready for the onslaught. Parents can love their kids as much as they want, but it is important to have at the very least a few minutes to transition at the end of the day. Creating boundaries on when mom needs space vs when mom is free are necessary to keep everyone feeling cared for and respected. I loved this article about setting boundaries! Check it out here!

### Chapter 9 : Le Scoop - Stress Less. Parent Better. - Maisonette

*10 Tips for Stress-less Parenting by Brenda Nixon I once heard the definition of stress as: anything we perceive to be out of our control. I like that because it explains why each of us stresses over different situations.*

Stress to me is anything that puts pressure on me - so that defines just about everything except sleeping. Brenda is an amazing woman, with a passion for helping parents. I needed to read her tips this morning after a weekend that brought more stress than normal. I hope you enjoy them too. Visit her website to learn more about Brenda. The address is at the end of the post. I like that because it explains why each of us stresses over different situations. At times, though, we all feel our kids and their behavior are out of our control. Comedian Martin Mull quipped, "Parenting is like having a bowling alley in your head. And not everything that can be counted counts. Two characters in Chinese spell the word stress; one character means danger and the other means opportunity. All kids can and do misbehave. There are no perfect kids. There are no perfect parents. Parenting is a short season of life. Physical affection is therapeutic; give and receive hugs. See humor somewhere in the situation. Talking to other adults can ease loneliness or frustration. Wisdom knows what to overlook. Good parents practice self-care: As a parenting speaker and writer, Brenda Nixon [www.brendanixon.com](http://www.brendanixon.com). Her book, *The Birth to Five Book* is available at bookstores everywhere. Do you need encouragement in your daily discipline battles? Would a thought or quote inspire or affirm you? You will receive a tip each week. Have a stress-less day!