

Parenting Tips
from
Community Parenting Service
6a Penrith Place
BALGA WA 6061
Phone: 9440 0011
Opening times : Monday to Friday 12 PM to 4 PM

Parents and Stress.

Parenting is one of the hardest jobs we will ever do in our life and as children don't arrive with a "how to" manual or a book of instructions there will be times when parents feel high levels of stress related to maintaining harmony in the home. While there are no easy steps to take to maintain balance in our lives there are some things that we can do to assist:

- ☺ Take care of yourself.
- ☺ Keep reading and learning about what's ahead in the next age and stage of your child's development.
- ☺ Talk with other parents about how they are coping with the challenges of raising children.
- ☺ Value the relationship developed between your child and your spouse.
- ☺ Don't be afraid to ask for help and support, as you need it.
- ☺ Make sure that you have fun and laughter in your life.



We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow.