

Parenting Tips: How To Cope With Stress



By [Delaney Gilbride](#)

Parenting can be many things: rewarding, exciting, filled with joy, etc. But above all, parenting can be extremely stressful. You are fully responsible for your children from the moment your bundles of joy enter the world up until they reach adulthood – and maybe even a bit beyond that. It begs the questions for struggling parents, how do you cope with the stresses of family life? Thanks to [Parents.com](#), we're now able to lay out some of the best ways you and your partner can handle your busy lives with your amazing children.

If you've been searching for ways to cope with your hectic family life look no further! Cupid's here to tell you how to deal with the top 5 stressors that come with being a parent:

1. The Morning Rush: Mornings can be extremely hectic if you have kids, especially if it's during a school week. You have to make breakfast, lunches, dress your kids, find their shoes, and brush their teeth all before the school bus arrives. At this point, you haven't even had time for your own morning routine! A great way to make mornings less stressful is to do prep work the night before. Make their lunches and figure out their outfits the night before a school day – it makes your morning just that much easier! Another [parenting tip](#) is to wake up just a bit earlier than your kids do; this allows you to relax a bit before the day begins. Have a cup of coffee and enjoy every sip!

2. Bad Behavior: Kids aren't perfect, and like adults, they have their bad days too. After a long day of work it may seem like the end of the world when you find out your kids have been behaving poorly in social settings like school. As easy as it sounds to simply explode on your kids for their bad behavior, you have to remember to take a step back. Avoid a stressful situation by taking a deep breath and staying calm as you receive all the details pertaining to what happened with your child. Then, in a calm manner, come up with a solution to the problem. Put yourself in your kids shoes and look at the situation from their perspective.

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3. Your Long To-Do List: As a parent, you may feel like you need to do everything yourself. Your to-do list may seem never ending at times but don't let that overwhelm you! You and your partner have sources of help everywhere. Instead of doing every day chores like laundry on your own, use outsources to help you out. This way, you'll be able to spend that time with your family by watching a movie or playing a game. If you still have a lot on your plate, it's a good idea to give yourself a "bubble break". Put in your headphones and block out the world for a little bit. You deserve it!

4. Constant Worrying: It's no surprise that parents like yourself are constantly worrying about everything and anything at all times. Being a parent comes with great responsibility and that ultimately becomes a major stressor. It's okay to remove yourself from the stress in your life every once in a while because it's extremely important for you to take care of yourself. Make time for [date nights](#) with your significant other and don't forget to vent to your friends! This type of release is so important for both you and your partner.

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5. Over scheduling: You and your family are always going a mile a minute – life can become overwhelming when you have a hundred things going on at once. As much as you and your partner want to be "super parents" it's a good idea to take things slow every once in a while. Make sure at least two days a week are completely free for you and your family to spend quality time together. It's very simple to do less! You and your loved ones will be able to relax; you all deserve a break.

Are you a parent? Comment below with how you deal with the stresses of parenting!

Parenting Tips: Ways To Talk To Your Kids About Sexual Abuse



Contributed by Krav Maga Worldwide

Sexual violence is a very serious public health problem that affects millions of women and men. However, research done by the Crimes Against Children Research Center showed that 1 in 5 girls and 1 in 20 boys is a victim of child sexual abuse. These children who are the victims of prolonged sexual abuse usually develop low self-esteem, a feeling of worthlessness and an abnormal or distorted view of sex. The child may also

become withdrawn and mistrustful of adults.

In honor of April being Sexual Assault Awareness Month, Krav Maga Worldwide, a leading self-defense organization is offering parenting tips on what to teach your children if they are involved in an attack and also tips for preventing attacks.

1. Begin talking to them as young as 2 years old. This may seem very early but children under 12 are most at risk at 4 years old. Even if they can't speak well, children at this age are busy figuring out the world. And they certainly understand and remember a lot more than adults usually realize.

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2. Share the only instances when their private parts can be seen and touched. An age appropriate concept for a young child to understand is that nobody – including a parent or caregiver – should see or touch their private parts (what a swimming suit covers up) – unless they're keeping them clean, safe, or healthy.

3. Talk openly about sexuality and sexual abuse to teach your child that these topics do not need to be "secret." Abusers will sometimes tell a child that the abuse should be kept a secret. Let your child know that if someone is touching him or her or talking to him or her in ways that make him or her uncomfortable or scared, that it should not stay a secret.

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4. Inform your child about the tricks used by sexual predators. Tricks such as continued accidental touching, or an emergency trick where the predator tricks the child into thinking there is an emergency and the child must go with the predator.

5. Teach children that they must trust their inner voice. Especially That Yucky Feeling We all have that feeling inside that tells us what feels right and what feels wrong or uncomfortable. Many children who have been sexually abused describe a feeling of discomfort as having a “yucky” feeling inside. You must teach your child to trust or honor their inner voice or that “yucky” feeling.

6. Teach your child that they have the right to say NO! As the majority of child abuse is based on coercion rather than force, teaching your child to say NO strongly and forcefully really can make a big difference in many situations.

About Krav Maga Worldwide

Founded in 1997 to promote Krav Maga throughout the United States and around the world, Krav Maga Worldwide trains and certifies instructors and licenses over 150 authorized Krav Maga Worldwide training centers in the United States, Canada, Japan, Mexico, South America, and Europe, as well as over 800 law enforcement agencies and military units. Krav Maga offers the highest caliber of instruction to thousands of people, supporting the company's core commitment to improving and saving lives. Krav Maga Worldwide continues to develop, promote and implement self-defense and fitness programs. For additional information, visit: www.kravmaga.com.