

# It's Tough to be a Parent

(Dealing with emotions that accompany every day parenting.)

## Stages of Acceptance and Coping:

- |               |                                   |
|---------------|-----------------------------------|
| 1- Denial     | Also experienced at these stages: |
| 2- Blame      | grief, guilt, confusion, and      |
| 3- Anger      | STRESS                            |
| 4- Acceptance |                                   |

Growth and Understanding

## Duties and Further Complications:

- Doctor appointments
- Therapy appointments
- Surgeries
- Bills
- Marriage/Relationships
- Providing adaptive equipment
- Other children/Family members
- Employment, errands, and duties around the house

## Causes of Anger and Stress:

- Learning of disability or delay
- Learning of pregnancy
- Lack of support
- Lack of sleep/ Tired

- Too much to do/ Lack of time
- No personal time or private time
- Confusion
- Being Ignored
- Misunderstood
- Behaviors/ Discipline
- Financial needs
- Siblings
- Family members
- Items listed under duties

The list is infinite. There will always be something new that comes up that causes stress or anger.

### **Personal Examples of Anger and Stress...**

### **Recognizing when too much is too much...**

- What are our limits/ When do we get angry or feel stressed ( can include other negative emotions as well)?

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- Triggers that cause anger and stress:

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- When do we experience positive emotions?

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**Anger and Stress Management**

- Examples of different techniques that can be used:

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**Questions...**