

Produced by



Cnr. Gregory & Alfred Streets, PO Box 551 • Mackay QLD 4740
• Phone (07) 4951 4299 • Fax (07) 4953 1510
• E-mail address admin@casamackay.org.au

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Accept there will be good and bad days

- Kids also have bad days. Be supportive as you can and respect the fact they may need to talk about themselves
- Mouths to feed, dishes to clean, clothes to wash, and all the chores of home that need your attention. As a generalization, try not to feel guilty if you leave the dishes in the sink overnight.
- Allocate time for chores and time to spend as a family

Feeling overwhelmed.

- It is difficult and challenging being the only adult in the room long term.
- Loneliness, stress, and depression are common for parents.
- You cannot do everything—understand what you can and can't do
- Be sure to take time for yourself to recharge and strengthen your mind.
- Establish a routine and boundaries. Children need to understand when their behaviour is crossing the line

Financial difficulties.

- A great many parents find themselves in financial distress.
- Keep in mind that the thing your kids *need* most from you is your love and attention.
- After that, separate the true needs from the pile and place top priority on them—things such as food, shelter, and clothing. Children don't always understand why they can't have everything they desire, but one day they will.

Where can I go for help ?

- Relationships Australia 1300 364 277
- Centacare Mackay 1300 523 985
- Anglicare 4953 3444
- Domestic Violence Resource Service 4957 3888
- Family Relationship Advice Line 1800 050 321

Tips for Being a Mum

CASA Inc Information Card May 2021

Being a Mum:

Start with these simple routines:

- **Schedule meals at roughly the same time each day** (tired hungry kids have more frequent meltdowns)
- **Sit down and eat together**
- **Create a consistent bedtime routine**
- **Make sure your kids get enough sleep**
- **Share the household chores**
- **Create a homework spot**
- **Schedule homework for the same time each day**
- **Limit screen time—both TV and computer**
- **Encourage outdoor play**
- **Down time/free time is good for everyone**

Being a Mum:

- **Your family.** Sometimes it's hard to let go of past patterns, but your family may very much want to help—and they're probably eager to spend time with your kids.
- **Your ex.** If you're co-parenting, then your ex might be someone else you can count on now and then for backup. (In fact, giving one another the right to first refusal may already be included in your parenting plan.)
- **Your friends.** Think about the people you trust, who've been with you through thick and thin. These individuals are part of your community. It may take an extra effort to make plans and get together, but it's important not to let these relationships go unattended, as they can be a tremendous source of support and encouragement.
- **Your neighbours.** Be on the lookout for fellow parents in the area who might be able to provide backup child care in an emergency.

Being a Mum:

- **Much of it will be fun,** but you'll also have to balance a mix of not-so-fun responsibilities ... from meal prep to homework, errands, and doctor's appointments. Use these tips to create your own parenting style:
- **Make the everyday stuff fun.** Sometimes just adding a bit of silliness to the mix is all it takes to change your kids' attitude.
- **Develop closer relationships with your kids.** Don't just go through the motions. Take the time to check in with your kids every day to see how they're doing.
- **Be intentional.** You're a huge influence on your kids' self-esteem and outlook on life.
- **Be confident.** Believe in yourself. You may not know everything today, but you're learning—and so are your kids.
- **Spend time with parents you admire.** Mimic what you think they're doing well. In time, it will feel second-nature.

Being a Mum:

- **Be an active listener.** Practice listening to your kids more than you speak. It's tough to do!
- **Develop a firm serious tone of voice.** Lowering your voice can be a good tool for effective parent-child communication.
- **Tune in to their non-verbal cues.** What are your kids telling you with their body language? Are they saying "come closer," "I need a hug," or "Leave me alone?" Tip: You don't have to do whatever it is that their visual cues are communicating; it just helps to tune in to that language when you can. It gives you more material to work with.
- **Ask questions.** To get your kids talking, ask open-ended questions that require more than "yes" or "no" answers.
- **Pick your battles.** Finally, know when to back off or defer a conversation until later. Sometimes, being patient or letting something less-than-significant "slide" gives you the "in" to have a more important conversation when they're ready.