



BEING A STRONG PARENT FOR YOUR BOORAI

PREPARING FOR THE STRESSES OF PARENTING

There are lots of things you can do now to plan for the healthy growth and development of you and your boorai.

Planning is especially important and having a good list to refer to can help in times of stress.

When we are stressed, our planning and organising brain can switch off and it's more difficult to make good decisions.

Sometimes, being a parent can be stressful. It's a good idea to plan what and who can help at these times.

Think about:

What can you work on now that will help you down the track?

What can you do if you are feeling stressed or overwhelmed?

Who can you call on for support?