



All parents sometimes feel impatient and respond in frustration or anger. This is part of being a parent. No parent is perfect.

Taking action can help me feel better, and I can put energy into repairing my relationship and making things right with my child.

I am human, so I will have hurt-feelings days, grumpy days, exhausted days and bad days. On these days, it will help if I treat myself with the same kindness and understanding that I treat my loved ones with.

This is a chance to model for my child humility and the okay-ness of not being perfect.

It's hard to think about how I "messed up" and feel guilt, disappointment and sadness. These feelings are just a part of being a parent, and they act as a guide to how I might do something different in the future. My behaviour doesn't define me.

As a parent, it is my responsibility to also take care of my own needs. Taking time to care for myself is not selfish. It serves me in the best way and helps me show up better for my family.

In tough times like this, it is good to remember the traditions and cultural practices that connect me with a larger community of support (or the natural world) and help me feel less alone.



Dr. Adele Diamond, Professor, UBC Department of Psychiatry, shares **the most important thing to do as a parent**, asking "How can I BE with my child in this moment?"