

BEING GOOD ENOUGH

WORKSHOP
GUIDE

GOLDBLOCKS PARENTING

- Parenting just the right amount is being a good enough parent.
- Good enough parents do not attempt to be perfect parents and do not expect perfection from their children.
- Good enough parents do not worry too much about their imperfections.
- Good enough parents recognise our love for our children sometimes is tinged with annoyance, and disappointment.
- Good enough parents understand that as long as parents don't mess up too badly their children will turn out OK.
- Good enough parents release the guilt and go easy on themselves. They know that cancer is not something you are putting your family through.



TWELVE SELF CARE TIPS

We all know practising self-care makes us better parents, but how to do it when exhausted, emotionally spent and can't cope with all the daily child rearing tasks.

- 1 COME OUT OF SURVIVAL MODE BY GOING THROUGH THE MOTIONS.**
Feelings, thoughts and behaviours are all connected. Start with a behaviour – like having a shower, going outside for fresh air. This might make you feel better. Good feelings can lead to more healthy behaviours.
- 2 SPEND LESS TIME ON SOCIAL MEDIA.**
Stops the comparison of your parenting life to the cherry picked lives of others, you'll be happier with what you have.
- 3 MAKE TIME FOR YOURSELF.**
Find at least 5 minutes each day where you can just sit down, have a cup of tea and take a breather. Go in another room and eat a chocolate bar. Do some preparation to try and secure this time.
- 4 PUT IN PLACE SOME CHILD CARE.**
A few hours on your own, or with friends can restore your mental capacity and patience load.
- 5 AIM FOR GOOD ENOUGH.**
Let go of control. Let go of the hard-and-fast rules with which you parent. Let go of the state of your house. Have the agency to think and say 'I can't do that today'.
- 6 SLEEP, EAT HEALTHILY AND EXERCISE AS MUCH AS YOU CAN.**
Go to sleep when they go to sleep. Have one night a week where you attempt to stay up with your partner or friends.
- 7 TAKE UP OFFERS OF HELP FROM FRIENDS AND FAMILY – ASK FOR HELP.**
Be specific about the help you need and when you need it as this will often help others know what is required and how they can help. Your kids benefit from knowing there are other trusted adults in their life that your family can turn to.
- 8 BEING KIND TO YOURSELF.**
Imagine that it's a friend who's in your situation right now instead of you. How would you comfort them? How would you encourage them? Can you speak encouragingly to yourself too?
- 9 MAKE A TO-DO LIST.**
Just seeing everything written down may help make things seem more manageable and identify things which really aren't urgent.
- 10 CHECK IN WITH FRIENDS.**
Being in the company of great friends restore mental health, can be a great escape and fill your cup of love back up.
- 11 TAKE TIME TO GRIEVE FOR THE PARENT YOU MIGHT THOUGHT YOU'D BE.**
Grieve the loss of moments, time, milestones and innocence. Cancer can steal significant parenting milestones so take some time to process these losses. This might be crying or anger, whatever you feel, just don't bottle it up.
- 12 IT'S OKAY TO SAY 'NO'.**
You have the right to say yes or no without having to explain your reasons. It's important to have your own voice and to not let others tell you what you should be doing or what you need.

If you are struggling with your mental health there is help and support out there for you. Your CNS, your GP, cancer charities such as Maggie's have psychological support. Where possible, try to talk to a trusted friend or relative so they are also aware of how you're feeling.

