

Older And Bolder: Coping With Ailing Health While Still Being A Good Parent

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Being a dad is all about the physical, mental, and emotional. Whether itâ€™s through the [great experiences](#) you have with your children, the challenges you suffer, as well as the good and bad times, itâ€™s the biggest learning curve that you will ever undergo in your lives. As we get older we can find that it becomes more difficult to look after our kids, quite possibly because we are suffering ourselves. In one respect, getting older is to blame, but with getting older, comes a plethora of issues that we either anticipated, or we didnâ€™t think would ever come. What are the best ways to be the best parent you can be, while also coping with these issues?

Fight To Keep Your Body A Temple

As angry as it can make you, if your body doesnâ€™t do what you want it to do it can feel like fighting a losing battle, but you have to remember that there are things you can do to keep yourself in as good a condition as possible. We can spend a lot of time feeling sorry for ourselves rather than looking for a method to keep ourselves fighting fit. Granted, the internet can provide a lot of false information, especially with long-term problems like arthritis, but at the same time, are you doing enough to keep the problems at bay? If you have tried everything, you could always go to a specialist, get recommended for something like [stem cell therapy](#) or look at altering your lifestyle so so you take the edge off.

Have â€œThe Talkâ€•

You feel that you have to be the stronger person, especially with your children, and sometimes it can feel like the polar opposite. It could seem like your child is taking care of you which causes a lot of stress. The important thing is to [talk about it](#). Itâ€™s one of the best ways to combat the stress, but also, your children need to know, in as honest a manner as possible, how you are feeling. Remember that as your child gets older, they will be able to understand more, but this means youâ€™ll have to reinforce the message more than once. If your child is too young to comprehend, you donâ€™t have to go into great detail, but explain there are things that youâ€™re not able to do right now that other parents can. At the same time, remember that they need reassurance. They may have concerns, but also, they may just want to help. While itâ€™s important to let them help, make sure theyâ€™re not doing too much for you because this role of a caregiver could very well place unwanted and unnecessary pressure upon them.

Sometimes You Have To Prioritize Yourself

As we need to set an example for our children, it can feel like we need to push ourselves into overdrive. This means [pushing through the pain](#), but sometimes we have to take a step back and look at it in the grand scheme of things. In one respect, letting your children see you push through the pain is a good behavioral trait, but if this is been going on for a long time, youâ€™ve got to know when to put the foot on the brake. Finding the right balance is crucial, but so is realizing when you just have to prioritize yourself. You may need a bit of rest, or you just want some time away, but itâ€™s important to communicate to your children that they arenâ€™t the root cause of this. It is so easy for our children to feel like they are to blame, but as long as you reinforce the truth, and tell them that you need a rest, or give them other things to do, this can help lighten the load.

Get Help, Even Though You Are Too Proud

If we are suffering in one way or another, getting help is an obvious solution on the surface, but we can feel so proud to do this; help is something we shouldn't be afraid to ask for. You might even be eligible for assistance depending on your condition. And we can all feel a bit proud to even say the words "I need help," but if we've been in pain for a long time, there comes a point when our skills can start to suffer. We have to remember that we're not just doing it for ourselves, but our children. And with any condition, whether it's a chronic illness or a mental health problem, it is all about making sure that everybody benefits from you being around.

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