

4 Ways to Become a More Patient Parent

Description



Since the onset of the COVID-19 pandemic, weâ€™ve all had to adapt to a â€œnew normalâ€• at home. Even under the best circumstances, [parenting](#) is full of ups and downs, so it can be especially hard to keep your cool when your routine is topsy-turvy. Itâ€™s okay, weâ€™ve all been there!

Becoming a more patient parent is all about communication and self-care. After all, you canâ€™t be your best self when you feel burnt out and exhausted. But donâ€™t worry, weâ€™ve built this guide for you. Here are four strategies to help you keep your cool as a parent!

#1 Communication is Key

Every parent knows that itâ€™s important to talk about feelings. After all, youâ€™ve probably had to coax a wailing toddler to tell you whatâ€™s wrong. But sometimes we forget to communicate our own needs, too.

Instead of bottling up emotions, sit down with your family members and let them know whatâ€™s going on. Set boundaries for yourselfâ€”like an hour of alone-time before bedâ€”so you have time to recharge. If you set time for yourself, itâ€™s easier to remain calm when faced with everyday stressors. Sometimes, being patient is all about preparation.

Let your family know when you need some time off, so you donâ€™t have to give *yourself* a time out.

#2 Prioritize Your Mental Health

Feeling stretched thin? When you're juggling a million to-dos every day, it's important to devote time to your mental health. If you invest in your own well-being, you'll be better equipped to support your loved ones, too.

It's a win-win!

Here are a few ways to prioritize your mental health, so your ears don't start blowing out steam when "Are we there yet?" and "I'm hungry!" are asked for the 36th time in the day.

- **Meditate** – We know, we know, you've probably heard this before. But there's a reason why meditation is as trendy as it is. Hint: *it's because it works*. [Meditating for just 10 minutes a day](#) decreases anxiety, calms your body, and improves your mindset.
- **Exercise** – Get outside and move! Fresh air, sunshine, and endorphins are a great way to boost your mood.
- **Get plenty of sleep** – Sleep deprivation can turn even the most relaxed parent into a frustrated mess. Stick to a consistent bedtime and avoid screens for at least an hour before bed. Consider investing in [top notch CBD oil tinctures](#) for increased relaxation and improved sleep.



#3 Explore Childcare Options

We know you're crazy about your kids, but with [everyone on top of each other at home](#), it's easy for patience to grow thin. In need of a date night with your spouse? Want a little space to work on a project? Look into childcare options so you can take a break.

We know the pandemic makes hiring babysitters a little tricky, so do some research online and see what precautions you can take to stay safe. This way you can [find an exceptional babysitter](#), and feel comfortable about COVID safety to boot.

#4 Schedule Family Time

It can be surprisingly easy to see your family every day but forget to spend quality time with them. With everyone balancing busy schedules, it's important to create time to spend together, and let go of quarrels and misunderstandings. Hanging out with the fam is a great way to reconnect and remember why you love each other!

A few pandemic-approved activities include:

- A picnic in the park with hot chocolate and marshmallows.
- Family game-night at home (we recommend classics like *Clue* and *Sorry!*).
- Pizza and a family talent-show—yes, *everyone* has to participate.

Patience Grows from Perspective

It's totally normal for kiddos to test our patience, and [parenting is certainly a full-time job](#). If things get tough, remember to step back and put things in perspective.

Even though we're living in unprecedented times, with these easy tips, you can restore balance to your life. After all, the best parenting happens when you feel like your best self!

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