

Dad Dilemmas: How to Respond When Kids are Causing Chaos!

Description

Becoming a parent is one of the most wonderful things that can happen to you in your adult life. Starting a family and having a little person to nurture and teach can show you a side of yourself you didn't know existed and as well as helping them to develop and grow, you're actually doing the same for yourself. However, parenting can be hard. It's not all a walk in the park and some days will be tough, after all, we're all human and such responsibility and pressure to get it right can mean your head is all over the place some days. When your kids are playing up and causing chaos, here are a few of the ways you can ensure you're staying calm and setting the best example.



[Pic source](#)

Try and get enough sleep

Of course, this is easier said than done when you have children as well as work. However if you and your partner both work together, there are ways you can make things smoother for you both. Perhaps you could have a day each weekend where one of you takes responsibility for the children and lets the other sleep uninterrupted. If you have close friends or family that offer to babysit for you overnight, use the opportunity to catch up on your sleep. This can help you to [catch up on any sleep deficit](#) you're accumulating during the week and can massively improve your mood. When you're tired, everything feels like a bigger deal than it is- and kids causing chaos can be even more stressful. Even one day a week to sleep as much as you want can make a difference to how you feel and react during the day, and so if you're in a position to do this then it's something to consider.

Give yourself a short break

The days are incredibly long when you're up early and in bed late. If your kids have had the kind of day where they won't let up with bad behavior or arguing (which does happen at times!) one way to respond is to give yourself a short break. Ask your partner to take over for a few minutes while you sit down and clear your head. You could take a shower, you could lose yourself in an app like [Final Fantasy XV](#) for a while, you could meditate or just have a tea or coffee in the garden away from the noise. Breathe, relax and remind yourself that you're lucky to have everything you do- even though it might not feel like it in the midst of the chaos! One day your home will be an empty nest and you'll do anything to have these times back.

Get help with their behavior

In most cases, kids playing up and causing chaos will just be regular child behavior. It's normal to be full of energy and it's perfectly normal to argue with siblings, be noisy and generally make a mess! However, if your [child's behavior is especially bad](#), and you've tried different forms of discipline without success then it could be worth seeking professional advice. Try and keep a diary of their behavior with details of what caused any tantrums or outbursts or the way they responded to discipline. This can be helpful when you speak to your doctor.

Date Created

2018/09/05

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