



PEAK MOMENT

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NEWSLETTER CONTENT

TRIPLE P'S TIPS FOR REFRAMING DAILY CHALLENGES

Let's face it – parenting can feel like a juggling act, can't it? Toddlers fighting bedtime, school-aged children wanting more screen time, teens rolling their eyes at chores – it's enough to make you wonder, "Why can't they just help out a little?"

One approach that works wonders: **routines**. Kids thrive on consistency – it gives them a sense of security and makes cooperation come more naturally. A predictable bedtime routine, for instance, can take some of the stress out of the nightly ritual.

Finding **balance** also helps – try thinking of it as a mindset rather than an even split. It's not about doing everything perfectly, but making choices that feel right for you and your family. Give yourself permission to embrace imperfection – and the resulting boost to your wellbeing!

Oh, and **screens**? They're part of our world now. While setting boundaries is wise, screens can be tools for learning, connecting, and even having fun. With some practical tips, you can learn how to manage kids' screen time to support mental health, promote safety, and encourage positive digital habits in today's tech-driven world.

The Triple P – Positive Parenting Program can help you handle the ups and downs of parenting more calmly and confidently.