



Helping Hands Christian Learning Center

"Let Us Make a Difference in Your Child's Life"

Dealing with Parental Mistakes

Questions for Consideration:

1. Do you sometimes worry about the mistakes you may make inadvertently as a parent?
2. Do you fret about possible harmful effects your mistakes might have on your child?
3. Have you lost the ability to relax as a parent?

These questions need to be addressed because they are of concern to so many parents.

Childcare experts surmise that some of the anxiety parents experience is undoubtedly due to being bombarded with media information, sometimes contradictory, about infant child care, pre school and school age child development. So we need to consider each of these questions in turn.

First, do you sometimes worry about the mistakes you may make inadvertently as a parent? Actually, everyone, even professional childcare providers, make mistakes at one time or another. It's part of being human. So there is no need to be consumed by guilt if you make a mistake from time to time.

Do you fret about possible harmful effects your mistakes might have later on your child? Fortunately, most childcare and development experts tell us that a young child is a highly resilient creature. This means that most mistakes generally will not harm your child, provided you are reasonable and are genuinely trying to help him.

So the important question to ask "When I made that mistake, was I genuinely trying to help my child, or did I do it just for my own convenience?"

As long as parents continue to strive to do what they think is best for their child, their love, even with some mistakes, will eventually triumph over all else.

Have you lost the ability to relax as a parent? If so, step back from what you are doing. Give yourself a break so that you can enjoy raising your child.

By doing yourself this favor, you are also doing your child a favor. Your child needs a relaxed and happy environment in which to grow and develop.

So if you answered "yes" to the questions at the beginning of this article, we have a threefold message for you:

1. Realize and accept that you will make mistakes.
2. Focus your attention on doing what is good for your child rather than on guilt for what you may have done wrong.

Give yourself and your child the gift of a relaxed home environment

