

IDEAS FOR BEING A HAPPIER PARENT RAISING HAPPIER KIDS

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- Founder of Teachappy
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- Author of *Wellbeing In The Primary Classroom* and *A Little Guide To Teacher Wellbeing & Self-care*
- Dad to Eli and Raif



WHAT IS HAPPINESS?




Pleasure ← Purpose



WHY?


WHAT WELLBEING IS NOT



BEING A PARENT IS HARD

“
"BEFORE YOU HAVE CHILDREN YOU THINK YOU ARE A NICE PERSON. AFTER YOU HAVE CHILDREN YOU UNDERSTAND HOW WARS START"
 ”

FAY WELDON



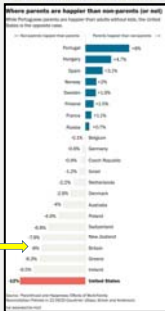
PARENT HAPPINESS GAP




Decades of studies have shown parents to be less happy than their children peers. But are the kids to blame?





PARENT HAPPINESS GAP



Country	Percentage
Portugal	78%
Denmark	74.7%
Spain	72%
Sweden	70%
Switzerland	67.5%
France	67%
Austria	65.7%
U.S.	45%
Germany	42%
China	38%
Japan	32%
South Korea	28%
Finland	25%
Canada	22%
U.K.	18%
Italy	15%
India	10%
United States	45%




IT TAKES A VILLAGE...


AIM TO BE GOOD ENOUGH



DONALD WINNICOTT



"Good enough mother" is a term coined by child psychotherapist Donald Winnicott to describe a mother who is responsive to her infant's needs, but not necessarily perfect. Winnicott believed that good enough parenting is better than striving for perfection, which can be cruel and counterproductive



**DON'T
COMPARE
YOUR FAMILY
TO OTHERS**



INSTAGRAM VS REALITY




**PRIORITISE
YOUR
WELLBEING**



PARENT MENTAL HEALTH

The single biggest family determinant of a child's wellbeing is the mental health of the primary care-giver.

(Clark, et al, 2018)




GET TO GRIPS WITH THE BASICS





GET TO GRIPS WITH THE BASICS



"Small things, consistently done is the key to improved wellbeing"
– Prof. Tal Ben Shahar




YOUR ARE A ROLE MODEL



"Children learn far more from their caregivers' unconscious behaviours, than any of their conscious manipulations." Prof. Alison Gopnik

TEACH YOUR CHILDREN TO EMBRACE CHALLENGES

THE STRETCH ZONE



It will feel hard & challenging

You will feel discomfort


Over time your comfort zone grows

You will make mistakes

It can also feel exciting

Can experience flow

WE NEED SOME STRESS TO GROW



"We shouldn't design our lives (or our children's lives) to avoid stress altogether. In fact, the evidence suggests a certain level of stress is better than no stress at all."

Dr Lucy Foulkes

NORMALISE DISCOMFORT

Nerves (or excitement?)

Negative thoughts - 'I can't do this!' (Our thoughts aren't facts)

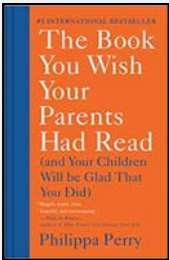
Need to go to the loo more



Butterflies in tummy

Heart racing, sweaty, dry mouth

ACKNOWLEDGE FEELINGS



"Ignoring or denying a child's feelings is potentially harmful to their future mental health."

Philippa Perry

NAME IT TO TAME IT

Basic Emotions



USE STORIES TO MAKE SENSE OF THE WORLD



RUPTURE AND REPAIR

“
IT IS NOT THE RUPTURE
THAT IS SO IMPORTANT, IT
IS THE REPAIR THAT
MATTERS.”
PHILIPPA PERRY



EVERYTHING IS
TEMPORARY



THIS TOO SHALL PASS



THE LAST TIME

“Treat every
experience with the
reverence we’d show
if it were the final
instance of it.”



