

Self-Compassion and Parenting

TIPS & ADVICE

At times, it can feel easier to have compassion for others than it can towards yourself. However, having self-compassion is critical to your mental health. When you show yourself compassion and kindness, it's a way to take care of yourself to ensure you're at your best and can show up for your family.

Registered social worker, Denis Sushkin, details the different strategies you can use to practice self-compassion and the benefits it can bring to you and your relationship with your child.

HOW TO PRACTICE SELF-COMPASSION

Be kind to yourself




Self-compassion means being kind to ourselves when we suffer or fail. It's about accepting that we're not perfect and that life can be tough. Instead of getting angry or frustrated, we choose to be gentle with ourselves when things don't go as planned.

Acknowledge that no one is perfect

Everyone experiences suffering because being human means being vulnerable and imperfect. Self-compassion is about acknowledging that making mistakes are a normal part of being human, and a parent. It's not just about "me," but something we all face together.

Relate to your emotions with mindfulness

Being kind to ourselves means dealing with negative emotions in a balanced way. Try to observe your negative thoughts and feelings without judgment, through mindfulness. We can't ignore our pain and be compassionate towards ourselves simultaneously. Additionally, mindfulness prevents us from being consumed by negative reactions.

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