



STUDENT SUPPORT DEPARTMENT- BSQ

# HOW TO BOUNCE BACK FROM EPIC PARENTING FAILS

"TURN YOUR MISTAKES INTO TEACHABLE MOMENTS"

BY PSYCHOLOGY TODAY

As a parent, you're going to fail at one time or another. In fact, there's a good chance you'll fail on a regular basis.

Parenting fails don't make you a bad parent. In fact, every time you mess up, you have an opportunity to sharpen your parenting skills and teach your child valuable life lessons.

Whether you lost your temper and said things you didn't mean or you role modeled some poor choices, parenting fails are inevitable. But, each time you mess up is a chance to become better. Here are five ways to successfully bounce back from parenting fails:



- Acknowledge your mistake. Before you can fix it, you have to admit that you messed up. So take a minute to acknowledge your failure—even if it's just to yourself.
- Turn your failure into a teachable moment. If your parenting mistakes hurt your child, apologize. Role model how to accept full responsibility for your actions and show you're committed to doing better next time.
- Maintain your sense of humor. Sharing your silly and harmless parenting fails can be a good way to find joy in parenting blunders. And it may help you spark some conversation with other parents who completely understand. So by all means, share your stories.
- Get support when you need it. Find a community of supportive parents who are willing to talk about tough parenting issues and epic parenting fails. Having conversations with other people who understand can help you become a better parent. And don't be afraid to seek professional help if you're struggling.
- Create a plan to do better next time. Whether you've been bribing your child to behave or yelling more than you'd like, create a plan that will help you become the parent you want to be.

If there's anything certain about parenting, it's that you're going to fail sometimes. Your child may grow up to live with an imperfect roommate, get involved with an imperfect partner, and work with imperfect people. Learning how to deal with all people—flaws and all—is an important skill.

That's not to say you should mess up on purpose just to teach your child more life lessons. But it does mean you can take responsibility for your parenting fails. In turn, you can role model how to build mental strength by bouncing back from failure, making amends when you've hurt someone, and learning from your mistakes.