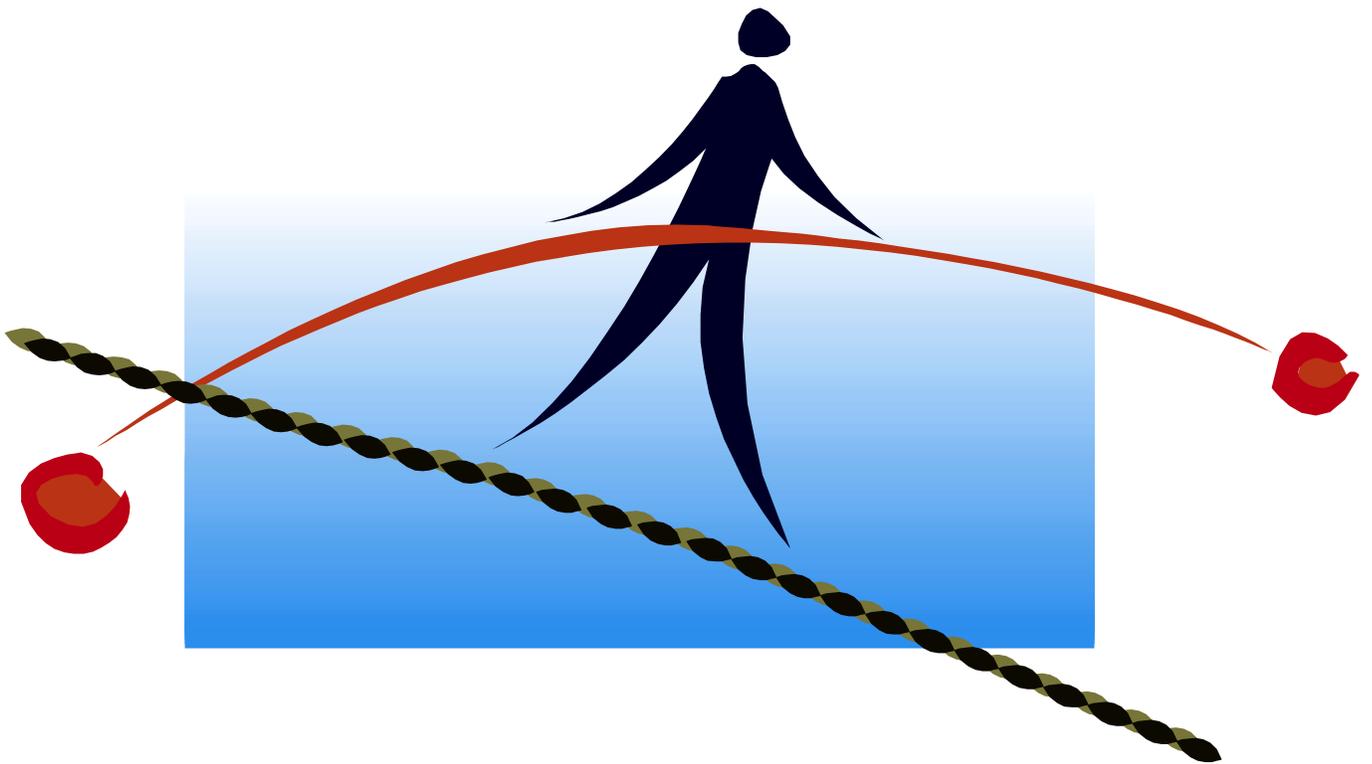


The Parent Balancing Act



By Jimmy B Ellis, MA, LPC

The Five Functions of a Parent

- Provider
- Protector
- Nurturer
- Teacher
- Person



Provider

- Job
- Food & Clothing
- Housing
- Pay Bills
- Pay for Things and entertainment
- Transportation
- School expenses
- Providing medical and dental care



Protector: Make sure our children are safe by:

- Watching over them
- Making sure that others are not taking advantage of them
- Preventing them from harming themselves
- Teaching them to recognize dangerous situations
- Immunizing them
- Maintaining a safe, stable, & structured home



Nurturer

- Acknowledges each child as an important person
- Let each child know that they are loved
- Soothes & comforts a child when they are upset, sick, or feel threatened
- Provides encouragement
- Enhance the child's self-image



Teacher

- Physical Skills
- Language
- Coping Skills
- Social Skills
- Moral Reasoning
- Limits
- Cause & Effect
- Making Good Choices
- Academic Skills



Person

- Friendships
- Relationship with Significant Other
- Other Relationships
- Hobbies
- Dealing with Stress
- Self Improvement
- Need to be Appreciated and Acknowledged



Strategies for Maintaining Balance

- Don't try to be Super Mom/Dad
 - Ask for help
- Identify Your Resources
- Prioritize
- Schedule Time for Yourself
- Make a Budget
- Use Less Effort Doing and More Effort Thinking
- Face Problems Rather Than Trying to Avoid Them
- Focus on Finding Solutions

