

Tips To Make Parenting Streamlined And Less Stressful

Start by setting realistic goals and not worrying about perfection.



Connect with supportive family members and friends for emotional support and insights.



Nurture an optimistic outlook by focusing less on the negatives.



Spend time with your child without interruptions to establish a strong bond.



Be alert, sensitive, and responsive to the child's needs.



Understand child psychology to handle their behavior better.



Take care of your food and sleep habits.



Consider taking up stress management activities such as yoga and meditation.



References:

1. Being A Parent; ACT Government
2. Positive Parenting; NIH
3. Parenting And Stress; Better Health