

Parent Therapy – A Brief Guide for Parents

Irrespective of the age of your child, you may find it really useful to have an opportunity to think about your child and yourself as a parent, or parenting couple, without your child being present.

New parents with infants who may be struggling with sleeping, eating, toilet training, angry outbursts and so on often feel very anxious and think that they are doing something wrong. Or, if your child is a little older, you may feel that your child is unhappy or struggling with siblings and friends and you simply do not know how to make things better.

Having an opportunity to think and talk about your feelings as a parent often has a very positive effect on the way your relationship with your child evolves.

You may be a co-parenting couple with very different views on discipline, for example; this too is something that may be discussed and thought about.

You will have an opportunity to think why you feel a certain way about your partner and child, and indeed sometimes you may discover that the way you feel has something to do with the way you yourself were parented.

All of these types of conversation are - in the vast majority of cases - experienced as helpful, and over time you will feel better equipped to contend with difficult situations involving your child, indeed the whole family.