

Metamorphosis into Parenthood

Embarking on the parenthood journey is more than a rite of passage, it is a total transformation of life as you know it. You are now beginning an entirely new relationship that will impact your own growth and development for the rest of your life. This is the best piece of advice I can give you:



Adapt

Your child's development will be so rapid, there is little benefit to advice for specific stages of growth. Instead, focus your energies on the ability to adapt at each new stage. No sooner than you emerge from your cocoon into the parenting version of a butterfly, will you have to learn how to survive this new and wonderful place:

- Cancel negative thoughts - stay positive. Worry and self doubt will get you nowhere fast. Assume you'll make mistakes, it's not the end of the world. Don't let yourself get bogged down in your own self-judgement. It will only cloud your parental intuition.
- This too shall pass - Sometimes there are no solutions. You are raising a tiny human. But the good thing is, worst case scenario, you can bet things will change really soon and you'll have a whole new set of variables to contend with.
- Define your hard line boundaries. You might think you know what your non negotiables are, but really lay them out to yourself out loud or on paper. This will help you enforce limits consistently, which is key to gaining your child's trust and respect. It will also help you maintain flexibility when needed and trust me, you'll need to be flexible at times.
- Avoid power struggles - sidestep creatively when you can, especially while your children are very young. The child's will does not emerge until at least age two and even then, they are experimenting. Remind yourself you don't really want the power, you want the peace. This doesn't mean you have to compromise those non-negotiables, but you will accept some variations from time to time to keep everyone's sanity.
- Maintain the bond - Yes, you must enforce limits and teach all the things. But if your child does not trust or respect you, you've created a whole other type of battle on top of the natural ones. Make sure to take time for positive, intentional bonding at every stage. This includes random silliness. Have fun!

