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## Parenting Placement

Tels Kelly

Being a parent is one of the most rewarding feelings you will ever experience. It is full of rewards and it is full of challenges. Parenting is not an easy task, but it is fulfilling and requires a lot of patience. Patience is one of the key components in being a 'good' parent. This will require personal time for self and it will require quality time spent with children and your social circle. There will be times you feel defeated, exhausted, and frustrated but always remember the greater goal and love for your children. With everyday that passes, that is a time to create memories and a lasting bond that will prove to be worth it. There is no such thing as a perfect parent, as long as one continuously tries to make the best life for their children, that is all you can do. Be kind to yourself as a parent, and know that you are doing your best regardless of your personal circumstances and hardships. Remember that your children appreciate the person you are, and they love you unconditionally. Remember, everyday is a new day to do and be better in life. Remember, you are amazing!

Being a parent is a reflection of one's true self. Being a mother specifically, it is a joy. Everyday brings something new. It gives me a sense of hope, peace, and worth. It gives me a purpose and gives me something and someone to live for. To provide for, and to love unconditionally. My role is to create a life for my children that speaks volumes and influences a difference in others. I want my children to understand

love and life. I want them to love themselves and be kind to everyone they meet. Most importantly, I want them to love and trust God. I want to encourage, support, and guide them through this life and I also want to show them strength from watching me.

Being a parent also teaches us to understand. Understand our children and allow them to express their emotions and feelings. Children are entitled to express their feelings, as do adults. Children have a voice and it needs to be heard. As much as parents teach children, children teach us parents all the time. It is up to us to learn the lessons. I love to spend quality time with my children, and I love to watch them grow. On the other hand, I love to practice selfcare. Selfcare is a very important part of parenting. If you aren't happy, your children aren't. It is very important you make time for yourself. Take the time to make sure YOU are okay. Go for a walk, watch a movie, drink a glass of wine, talk to a friend, get a massage, etc. A core part of being healthy is encompassed around all aspects of health. Mental, physical, emotional, and spiritual. Do not ever feel guilty for taking time to yourself and taking care of yourself. You will thank you later, and your children will thank you too. Be good to you and be good to your children. The children are the future and you are doing a great job raising the future of our society. Anything is possible with love.

