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## It takes a Village

As a soon to be parent, some of you may have attended a prescribed pre-natal class but how many of you took Parenting Skills Classes? Parenting is a demanding job, and requires a great deal of knowledge before it gets easier. Think about how you were raised, some things were great but some things fell short and left you frustrated and unprepared. You have a responsibility to your child to make changes and improve on the way you will raise your children and family.

Start by realising you need, want and believe you can change. Open your mind to a new way of thinking, change your habits and

leave the past behind you. Ask for help and advice from friends and family, it takes a village to raise a child and you don't have to do it all by yourself. Having a support system you can count on to help you as a parent is vital. For some it is a spouse, grandparents or siblings and for others its neighbours, churches, community organizations and friends. As a parent you are not a superhero, even if your children expect you to be. Just like your children need rest, nourishment and encouragement, so do you. A burnt out parent is no good for any family. Your support system must be there to give this down time, to give you guidance when needed and help out when you

feel stressed and need a break. Asking for help is what brings a family and community closer together, and by allowing other to help, you also give them purpose.

Don't be afraid to fail at a task, there are no perfect parents, but a good parent will pick themselves up and try again, until eventually they succeed more time than they fail.

In our next column we will discuss how to understand your child and the role you play in their development

And in case you miss out, you can always read more at [www.gcf.org.za](http://www.gcf.org.za) or [www.southcoastfever.co.za](http://www.southcoastfever.co.za)

