

WHEN WE PARENT DIFFERENTLY :

Accepting our differences is key (as long as there is no physical or emotional abuse).

Things to keep in mind:

- A child needs **ONE secure attachment with ONE parental figure** to thrive. This is good enough.
- **Focus on what we do have control over.** We have control over our own self & how we navigate situations.
- **Modelling our parenting approach** is stronger than anything else. Our partner will hear our words, see our interactions & this might inspire and **influence them**. The change might be microscopic, however it's still taking place.
- **It's okay to leave our partner take over with our child when we need a break.** Taking care of ourselves is an important part of parenting. Maybe set out the activity so that their time together is planned, if you feel this would help.
- It's best **not to put down our partner's approach in front of our child.** (we will discuss HOW to do this next)