

REBOOT & RECHARGE

Handling Parental Burnout

Pre -Read

ISEY
2021

Children learn more from what you are than what you teach – W.E.B. DuBois



Parental Burnout

Burnout is characterized as a severe form of exhaustion caused by chronic stress. Pre-pandemic, many of us associated the mental health condition with over-working and being constantly busy.

Now, a new form of burnout is on the rise during the pandemic which is detrimentally affecting parents and care-givers. This condition is known as **parental burnout**.





PARENTING STYLES

- #1** **AUTHORITARIAN STYLE** : Focus on obedience and punishment over discipline 
- #2** **AUTHORITATIVE STYLE**: Create positive relationship, enforce rules 
- #3** **PERMISSIVE STYLE** : Kids will be kids -Don't enforce rules 
- #4** **UNINVOLVED**: Provide little guidance, nurturing or attention 
- #5** **OVERINVOLVED**: Helicopter Parenting 

Which style is yours ?

Questions we will answer in the workshop

Do you know the signs of parental burnout?

What are causes for parental burnout?

How to avoid and handle parental burnout?

