

# myth 1

## “I must be a perfect parent”



### Affirmation 1:

“I endorse myself for doing the best I can with the tools I have at the moment”.

### Affirmation 2:

“I endorse myself for effort and not for success.”

### Affirmation 3:

“I do not make excuses for bad behaviour.”

*A real relationship with my child means both of us being human and imperfect!*

## myth 2

### “If I am firm, my child will have low self-esteem”

#### Affirmation 1:

“If I am firm my child will respect me. Commanding respect is an important part of being a parent”.

#### Affirmation 2:

“Today he is unhappy with my decision but, in the long term, he will love me for teaching him how to behave in the world”.

#### Affirmation 3:

“I am the adult in the situation. I have more tools than my child to make decisions about family life”.

#### Affirmation 4:

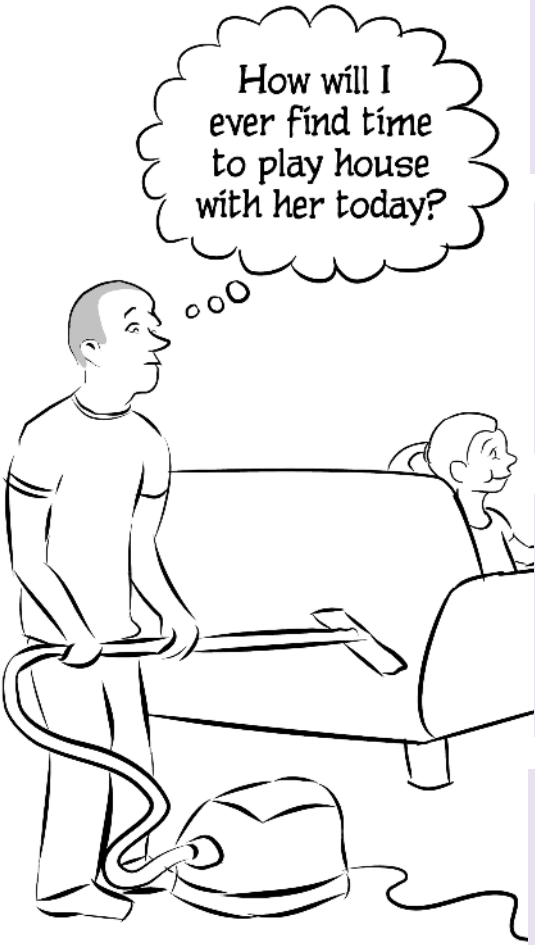
“Children are born to test the limits”.



*The best thing for my child is for me to be a wise, firm captain!*

## myth 3

# “Quality time means playing a game with my child”



How will I ever find time to play house with her today?

### Affirmation 1:

“When my child is around me physically, I can focus on his emotions”.

### Affirmation 2:

“Quality time can be built into everyday activities”.

### Affirmation 3:

“Quality time must be meaningful not only to my child but to me as well”.

### Affirmation 4:

“Quality time can be achieved over the telephone when necessary”.

*Quality time = my child and I together!*

## myth 4

**“Parenting must be carried out separately from living an adult life”**



### Affirmation 1:

“I must nurture my marriage while parenting”.

### Affirmation 3:

“I can enjoy my life as a parent”.

### Affirmation 2:

“Working together as a family is enriching”.

### Affirmation 4:

“For him to be happy I do not need to pander all day to my child’s wishes”.

*A good parent can be a fulfilled adult, too!*

## myth 5

**“My child must have every material benefit in order to be happy and successful”**



### Affirmation 1:

“This item is a want, not a need”.

### Affirmation 2:

“If I feed consumerism, it will grow and grow”.

### Affirmation 3:

“Pleasure is short-lived and gratification lasts forever”.

### Affirmation 4:

“I feel good about teaching my child how to acquire true happiness”.

*A life rich in love will make my child happy!*

# myth 6

**“I must do everything for my child so that he will feel good about himself and feel safe in the world”**



## Affirmation 1:

“Hard work is good for you”.

## Affirmation 4:

“Success takes time”.

## Affirmation 2:

“Self-mastery is essential for building self-esteem”.

## Affirmation 5:

“You cannot avoid the struggle”.

## Affirmation 3:

“Success comes through hard work”.

## Affirmation 6:

“Independence is a goal of life”.

*By letting go appropriately,  
I allow my child to feel confident!*



# When did good parenting become so exhausting? When did it become crucial to be perfect?

After 30 years listening to hundreds of people with young children, clinical psychologist Renée Mill determined that the major complaint of parents is fatigue. Moreover, they are making choices about parenting styles based on beliefs that can be misguided and result in unnecessary stress.

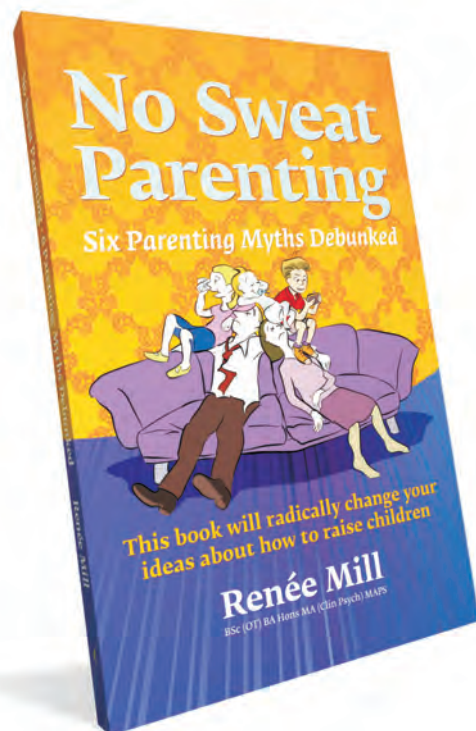
She identifies **6 myths** that are at the centre of current parenting behaviours and gives practical advice applicable to all mums and dads.

**No Sweat Parenting** re-energises parents by helping them to stop berating themselves. This practical and easy to follow guide will make parenting a positive and rewarding experience.



## About the author

**Renée Mill** has been working with people since 1973, first as an occupational therapist and then as a clinical psychologist. Over the years she has counselled hundreds of families and individuals with a range of problems. Renée continues to work full time in her own private practice in Sydney with her team of associates to deliver effective counselling to parents and children. Renée is a regular contributor to magazines *Sydney Child* and *Melbourne Child*. Renée has been married for 26 years and has four children.



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