

Screening Behaviour

Parents 'overwhelmed'

10th February 2019
Sunday Mail Brisbane
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QUEENSLAND mums and dads say the hardest thing about parenting is feeling overwhelmed by work and family commitments, and the challenge of maintaining their children's behaviour.

Parents have voiced their biggest concerns about raising their kids in The Queensland Parenting Survey.

The survey comes as *The Sunday Mail* partners with parenting experts at Triple P and Channel 7 to empower parents and let them know they are not alone in their struggles. Interim results from the survey show 48 per cent of parents believe their lives would be less stressful if they knew how to manage their kids' behaviour.

Triple P parenting expert Dr Alan Ralph said modern life is stressful and raising children can be difficult, but the most important tool in a household is routine. "Children need a predictable environment – if they don't know what is going to happen next that's when children get really stressed,"

He said it's important for parents to find ways to better respond to their child's needs, and to make sure they still manage their own issues.

To read more, please visit: <https://www.couriermail.com.au/news/queensland/>