

Tips for Managing Mama Frustration

1. Find meaningful ways to connect with your child.

Experiment with different activities to discover which ones you both truly enjoy. It's important for building/maintaining your emotional connection with your child that you get joy and value out of play time as well as your little one.

2. Set objective time limits.

Set a timer for how long you will play with your child before doing your chores or, alternatively, for how long you will do your chores before playing with your child. Keep your focus on what you are doing in the moment for each.

3. Intentionally give yourself and your child scheduled breaks from each other.

Create a rest time for both of you if naps are not a time of peace for you. Explain to your child and then separate yourself for a 10-30 minute (depending on your child's tolerance) timeframe so that both of you get some space from each other to independently rest or work on something.

4. Remember that this too shall pass.

Reminisce and review pictures and videos from earlier days with your child or from your pregnancy. Remember all the good things about that moment in time and

<https://mamarissa.com/>

recognize how short of a season it was. Remember that this current moment in time is also a short season.

5. Get some mandatory alone time by enlisting help.

Make it a priority to leave your child with dad or a babysitter for at least a brief break every few weeks. And then use your break time to recharge your attitude and perspective.

6. Alter your mindset from getting things done to meeting needs.

Refocus your attention each day from "what can I accomplish?" to "how can I best respond to my child?" When your main goal shifts from accomplishing a list of tasks to being attentive and responsive to your child's deeper needs, your interactions with your child will become much more fulfilling for both of you.

7. Make sure you are meeting your own needs.

Take some time to think about what triggers frustration, anger or irritability for you. Figure out why those things are triggers. And then work on meeting your own underlying need or reshaping how you think about those situations.

8. Destress by hugging it out.

You and your child both need times of physical affection in order to cope with the stresses inherent in the parent-child relationship. Even when your child is throwing a fit, sometimes locking them in a loving embrace meets their need for security and comfort and they calm right down. And it has the power to do the same for you.

9. Play the comparison game the *right* way.

Instead of comparing your parenting to your mom friends, compare yourself to where you used to be and recognize the experience and growth you've had. Even if you are not completely satisfied with where you are at as a mom, you have surely gained insight and wisdom during your motherhood experience.

10. Make life fun again for both of you.

When things are just not going right and you both need a break from the pressures of life and emotional turmoil, do something new and fun to stop the bad moods in their tracks and switch the happy parts of your brains on. The reset may change both of your attitudes until long after the fun has ended.