Parent Tip Sheet Helpful Thinking



Helpful Thinking

How we think about things and what we say to ourselves can affect how we feel and how we cope with situations. Sometimes it's hard to stay positive. For example, when you're tired or stressed.

Unhelpful ways of thinking can creep in and drain your energy.

Even when faced with challenges, realistic and helpful thinking can energise you.

Here are some examples of how unhelpful and helpful thinking can affect how you react to situations.

Example 1

Unhelpful Thinking

Situation	Thoughts	Reaction
You are lying in bed. Your baby or toddler has not been settling very well at night. You are waking every 2-3 hours to resettle.	'He is going to wake up any minute now. I'm never going to get any sleep and I'm going to be so tired tomorrow.'	Anxious Tense Restless Sleepless

Helpful Thinking

In the same situation, changing how you think about the situation can lead to better reactions.



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Example 2

Unhelpful Thinking



Helpful Thinking

In the same situation, changing how you think about the situation can lead to better reactions.



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