



Futurecode

## POSITIVE PARENTING FROM FINLAND

### SPECIAL CHAPTER 5: PARENTAL WELLBEING

To be able to support children's growth, parents need to learn to listen to themselves and understand their own wellbeing. In this special chapter we focus on practical ways to carry on and enjoy every day during the hectic and demanding family life.

We also talk about time management and thought patterns, which can be very useful in helping to stay healthy and well. Happy parents raise happy children!