

Parent(s)/Carers/Responsible Adult

Being a parent is one of the most delightful, happy, enjoyable, memorable experiences of your life. Now, go, enjoy and share all your wonderful moments on social media... 😊

That's the ideal... in fact the reality is somewhat different!

Each and every stage of our life (from 0 years to the end!) comes with a set of unique circumstances, coloured by our environment providing an outcome dependant on our ability to adapt to change.

Basically, things change and if we don't adapt then unhappiness awaits!

So not only do you have to manage your own happiness but you also have the added responsibility of managing your child or children's! Tall order... but not impossible...

For your responsibility is in fact to give them the tools and belief that although change is constant, their ability to overcome challenging situations and circumstances is also adaptable and thereby puts them in control. Simple... and much more achievable.

For the most part I find adults come to this website or Jepeca reactively rather than proactively. So, something has happened or your child is already unhappy.

There is a saying that you are only as happy as your unhappiest child – how true. 100%.

That being said you have a 'magic' as a parent to make things better.

Remember magic kisses, or other magical moments throughout the year, 25th December perhaps, or Easter or a certain tooth gathering individual... the list goes on!

You have got this... what you are doing is in fact information gathering to empower your child to be happy, in-control and return to the productive individual you remember. But let me warn you...

Any and all situations will forever change a person so they will NEVER return to the individual they once were. But can become a wiser, kinder, knowledgeable individual with understanding and empathy... someone we would all like to know!

It really is all down to thoughts and feelings, and knowing what to do with your emotions.

Every situation and life is different, we all have our own individual, unique stories.

You are a part of so many stories, but you are a major part of your child's story.

You cannot write their story, as they remember days and incidents uniquely for themselves, but you can add colour, and give them the ability and freedom to adapt to change and life as needed.

You cannot stop life happening to your child, nor should you want to!

Empowering them to bounce back and enjoy their years on this planet (or another!) is the greatest gift a parent/carer/responsible adult can give.

You are that powerful...

There are many helpful pointers on this website, and if you can't find what you are looking for drop me an email ☺ after all two heads are better than one! A problem shared etc...

HIPTIP (Happy, In-control and productive tip)

Do not make your issues, concerns or problems theirs! You may see problems where your child doesn't. If a child doesn't notice something, how will pointing it out to them help! Who does it help? More on this later...

If you do not find what you are looking for in this website you have a number of options...

1. Email me to blog on a topic you would like more information on.
(You will not be alone with your concerns!)
2. Continue the search... here, online or at your local GP's/library
3. Arrange a phone consultation info@jepeca.com
(Initial chat free - if further needed £70 per 50 minutes)
4. Don't give up... you found the question - so the answer must be close by!