

Parenting

There is no greater challenge in life than being a parent. Parenting requires the ability to learn, develop, adapt, plan, anticipate, respond, encourage, support, nourish, reinforce, discipline, communicate, listen, observe, react and love.

There is no sufficient preparation for the skills necessary to survive the process.

- Children are ever changing and ever growing.
- It is hard to be a parent. It is even harder to be the kind of parent we want to be!
- The pressures on our children are different than when we were growing up.
- Society places multiple demands on all of us making the task even harder.

Because of the complexity of raising children in this day and age, there are times that some additional resources can be helpful. Vanderbilt's Work/Life Connections-EAP at (615) 936-1327 can help you access counseling resources, information, or offer a sounding board for your frustrations when the stress becomes too much.

Vanderbilt Child Care Resources

- Vanderbilt Child Care Center
- Tennessee Family Pathfinder Child Care Resources