

Mixed

Children are amazing! They provide parents with wonderful fun, laughter, cuddles and love just to mention a few things. I adore spending time with my children, they are fantastic to be with, to talk to, to laugh with, to hug and watch grow. I can't possibly imagine life without them. However, there are times when every parent struggles. We all have bad weeks when things can become very mixed. It's a roller coaster ride, one minute the children are behaving fantastically well, you have fun together and everything is rosy. The next minute, everything turns upside down and the children are fighting, whining, screaming and arguing.

For me this has been one of those weeks. We have had great times crafting, playing, running around and just spending time together. On the other hand, there has also been many down times too. The children have played up, not listened, whined, screamed, argued and fought. I will admit I have got cross and shouted, which I know is exactly what I shouldn't do, but it is so hard sometimes. Children can really test your patience! However, we are all human, but I usually spend the rest of the day feeling bad about it, like I'm the worst mother in the world. I'm sure I am not alone, we all do things as a parent we are not proud of, but I like to take these moments as an opportunity to reflect on things and work out how I can get things turned around.

I know my kids are good kids and even when they are playing up, they are just being children, it's all normal stuff, but that doesn't make it easy to deal with. There are times as a parent when we ourselves are not on top of things. This affects how we react to our children's behaviour, rather than the children becoming more challenging. I feel that when things start to get like this, I need to look at myself to alter it, rather than to expect my children to change.

Parenting is a very mixed roller coaster of a ride. There are many ups and downs, but it is our job as

parents to try to turn the

