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- Getting the info out there is the most important thing. It makes women feel powerful and empowered
- The juggle - if women can take a moment and think what's the thing that I can remove from my life and then not feel guilty about having half an hour to not do something
- Carve out time for you. If that means getting up half an hour earlier, or exercising. Also find something mentally that helps you, whether it's meditation, mindfulness, reading
- Recommendation: [Clementine hypnotherapy app](#)
- You need to take care of yourself to be able to look after your teenagers. Then you'll be able to take those moments of calm as a parent while all of the chaos of raising teens is happening
- How do you support your teens when they're being challenging and not communicating? You have to find a way of keeping the lines of communication open
- We need to help our kids be resilient
- Have firm rules around not having phones in your teens room in the evenings after 9pm
- Asking for access to their passcodes if you as the parents feel that there are issues arising. It's very hard to set this up retrospectively, so if you can do this from the beginning, that's better
- Every generation is dealing with something that is going to have an adverse effect on your child's mental health
- It's about how we sit down and talk about it as a family, and how we work with them to build up their strength and resilience
- Don't panic, don't catastrophize and don't assume the worst
- Rely on their conscience. They have a very strong sense of conscience, so they might not react right at that moment, but a day later they realise they don't want to look at that thing again or be a part of it
- Midlife can be quite liberating about not sweating the small stuff, and a great time to reinvest with your relationship and reconnect with your partner
- Role model taking care of yourself to your children so that they can take care of themselves
- Bad parenting is "OK" if you make good the next day, and if you're honest and open and talk about it the next day
- Teach your kids that sometimes things will be a bit rubbish, and that's OK. They will be strong enough to get through it
- Don't sweat the small stuff and pick your battles