



Roller Coaster Ride

Being a parent is like being on a roller coaster ride. Once you get on, there is no getting off and you never know what is coming round the next corner.

There are lots of ups and downs,
lots of highs and lows.

The ride can make you so frightened, scared and sick, as well as thrilled, excited and delighted—all at the same time!

But like being on a roller coaster, it's the ups and downs that make it so wonderful.

The most important thing is to 'go with the flow', do your best to hang on and to let yourself enjoy the experience!