

# ANGRY PARENTS

## Tips to Help you Cope

It is frightening for a child to see his or her parents lose their cool. Babies quickly learn to recognize “friendly” and “non-friendly” faces and they turn away from people with the latter. Babies and young children do not like loud noises, and worst of all they are terrified that their parents, whom they are so dependent, might stop loving them.

It is important for parents to learn how to control their temper in front of their children. Controlling your temper starts with self-awareness. First, you must be aware of your feelings. Some parents think they are supposed to be calm and nurturing 24 hours a day, no matter how tired or busy they may be. This of course, is an impossible goal but it may lead to parents holding in their feelings until they explode.

Memorize the following slogan: **BEFORE YOU EXPLODE OR DROP, STOP!** With the exception of when the baby is in the bathtub, there is no time you cannot leave the scene to take a **PARENTAL TIME OUT.**

A parental time out starts when you feel you are about to lose it. Sometimes you can take a time out in place by counting slowly to 10, or taking 5 deep breaths until you compose yourself. If you are really heating up to the boiling point, you can put the baby in a safe place like a crib or playpen, and leave the room until you have calmed down. It's OK for the baby to cry. This is much better than being frightened by your parent's loud voice, or angry face. For a child, screaming and crying is OK. It is never OK to hit or shake a child.

You can send an older child to his or her room, or say to them “I am angry right now and I need a time out. I am going to my room to cool off. We will talk about this when I have calmed down.”

The parental time out does two things: It prevents us from scaring our children, and it teaches children how to deal with their feelings in a grown-up way. It's actually healthy for your child to see you get angry and demonstrate an acceptable way to deal with a feeling that every one will have at times. What is not good, is allowing your children to see your anger explode. Feelings are OK, acting out those feelings is not OK because it hurts or frightens others.

What you do during your parental time out depends on what works for you. Perhaps you could look in the mirror and make faces until you feel like putting on a happy face. Relaxation exercises like tensing and relaxing muscles groups can help. Deep breathing exercises (breathe in deeply, then exhale slowly) can also help you relax. You can also lie down on the floor with your eyes closed, and imagine yourself in a peaceful place.

To be angry is human. To frighten your child with anger is wrong. Taking a parental time out is the best thing you can do for your child and yourself!!

[www.paterentkidsright.com](http://www.paterentkidsright.com)



**BEFORE YOU  
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