Anger management

Coping with anger

One of the hardest emotions to deal with as a parent is anger. While anger can be a healthy emotion, it can also be harmful, especially when anger is directed toward a child.

When a parent has dealt with the feeling of anger, he or she usually just forgets about the unpleasant incident. A child, however, can see the situation quite differently.

Children can feel unloved because sometimes in the heat of the moment the parent is often not specific about the reason for his or her anger, and may say things they do not mean and react unreasonably.

When adults lose control, a child is learning that it is okay to be out of control when they are angry.

What parents can do

- Become aware of your emotions. Accepting anger is the first step in dealing with it.
- Take a deep breath. Remember that you are the adult.
- Close your eyes and put yourself in your child's position.
- Think about what you are feeling and who you are angry at.
- Splash water on your face.
- Get away from the place of tension or walk to another room.
- Write down your feelings.
- Press your lips together and count to 10.
- Remove yourself from the situation and think about why you are angry. Is it your child that is making you angry, or is it something else?
- If someone can watch your child, go outside and take a walk.
- Exercise.
- Do something constructive and refocus your anger into positive energy.

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