



Anger Management Tips for Parents

Anger is a very human response to the many stresses of parenthood, a human response, but sometimes a harmful one.

The best way to stop your anger is to prevent it before it happens. Here are some ways to keep anger out of your home:

- **Know when your patience will be at its lowest**, and avoid stressful interactions with your child.
- **Keep your stress level down.** Use relaxation exercises, meditation, music—anything to relax you.
- **Let your child know when you're feeling stressed or grumpy.** Your child will learn that these are times to give you a little extra space.
- **Avoid potential disasters when possible.** For example, don't allow your child on the new white rug with red juice if you know that a spill will make you furious.
- **Plan discipline routines ahead of time** so discipline is not based on spur-of-the-moment anger.
- **Make sure your child knows what's expected of him** and what will happen if he breaks the rules.

When your anger gets out of control:

- **Don't touch your child when you're angry.**
- **Don't say too much when you're angry.** A bitter rebuke can hurt your child as much as a strike from your hand.
- **Take a time out.** Go somewhere safe to calm down or do something to help you calm down. Deal with the problem when your blood pressure comes back down.
- **Listen.** Did you really hear what your child said or is anger clogging your ears? It may be more a case of misunderstanding than of misbehaving.
- **Get support.** Have a friend or family member on standby—someone you can call to talk things through.

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