



IT'S A FACT: ALL PARENTS GET ANGRY SOMETIMES.

All parents get angry at their children— sometimes even very angry. Whatever the reason, it is important that you keep in control of your anger so that you can always act responsibly for the good of your child and demonstrate to your child the correct ways of handling anger.

Here are some tips to help you the next time you feel angry at your child.

- Determine ahead of time what you will never do, and stick to it when you are angry: “I will not hit or slap my child.” “I will not yell and scream.” “I will not call my child hurtful names.”
- Ask yourself four quick questions:
 - “What is making me angry?”
 - “What does my child feel, need, or want?”
 - “Are my expectations unrealistic?”
 - How do I best respond in *this* moment?
- Empathize with what your child is feeling: “Yes, it sounds like that made you angry or confused you.” Empathy can reduce anger.
- Deliberately lower your voice if the conversation is heating up. This can inject calm into the situation and keep it from getting out of control. It also signals that you are in control.
- Cool down before you make threats or issue harsh punishments. Tell your child that you will discuss the consequences for her behavior later.
- Calmly remove your child from a situation that is making him angry or redirect him to another activity.
- Take a time out from the situation if you feel you are losing control of your anger and do something to relieve it: take a walk, take deep breaths, or call a friend for support. If your child is too young for you to leave alone, go in the next room for a moment and gain control.

If you struggle controlling your anger, seek help from a friend, another parent, educator, clergy, counselor, pediatrician or other health professional. Join a parent support group. Every parent needs some extra help and support from time to time.

Always remember, you **LOVE** your child!

THE TEN BEST PARENTING TIPS EVER

From Parents¹ for Parents

1. Establish a daily routine with your child and stick to it as much as possible. Children behave better in a daily, predictable routine.
2. Make sure you plan for “me” time. You need some time for yourself and a break from your child.
3. Learn to listen—really listen—to what your child is saying.
4. Join a parent support group to meet other parents. Knowing other parents for support and advice is important. You’ll find that you’re not alone.
5. Speak respectfully to your child just like you would to anyone else. Never call your child harmful names.
6. When your anger starts getting out of control, walk away and regain control. It is better to do nothing than to do something you will regret.
7. Never share a bed with your small child. Children need their own crib or bed for safe sleep.
8. Allow your child to get to know other people and children. If you need to leave your child with someone, the separation anxiety will be easier if he or she is familiar with other people. It is also important that you really know and trust who you leave your child with.
9. If your relationship with your spouse/partner is troubled, get help. Parenting is easier when parents (and other adults in the household) get along well and maintain a united front on parenting issues.
10. Give your child what he or she needs and what is best for them but not necessarily everything they want.

Children’s Home & Aid is a leading child and family service agency in Illinois. The organization helps children recover their health, their hope, and their faith in the people around them. We link children to a network of opportunity and care, to extended family, teachers, mentors, and the resources of the neighborhood and community. For 135 years, the organization has gone wherever children and families need them, and worked where it has been proven to be most effective: at home, in the classroom, in the neighborhood, in the course of daily life. The organization has offices located across Illinois and serves more than 40,000 children and families in over 60 counties each year.

For more information about Children’s Home & Aid, please visit childrenshomeandaid.org/bluebow



¹As suggested by parents in Children’s Home & Aid’s Parents Care & Share of Illinois program.