

Anger & Child Discipline



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BEING A PARENT IS THE HARDEST JOB YOU CAN EVER DO. AND when our children talk back to us or don't want to do what we've told them to do, we can feel upset and angry.

Sometimes we get so angry that we say or do things that hurt our children. This often makes our children want to "get even" with us by getting into more trouble.

What Doesn't Work

What *doesn't* work is hitting or yelling at your child when you are mad. This doesn't help your child learn why what he/she has done is wrong.

What does Work

What *does* work is for you to try to calm down before you punish your child. For example, try counting to ten or taking a deep breath.

When you are calm, think of a punishment for your child that "fits" what he/she has done wrong.

For example:

- If your child won't do his/her homework, don't let your child watch TV or go outside to play with friends until the homework is done.
- If your child takes something that doesn't belong to him/her, explain how stealing can hurt people and why honesty is important. Have your child return the item and apologize.

Being a good parent means walking a fine line between teaching a lesson and hurting your child. Sometimes having patience can be very hard.

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