

ANGER

WHEN PARENTS GET ANGRY



ANGER is one of the strongest emotions we have and can be dangerous, if we don't handle it appropriately. Everyone gets angry. As parents, we have lots of stresses and frustrations - with jobs, kids, partners, and the world in general. Some people bottle the anger inside and then take it out on others, often their children. Our challenge as parents is to deal with our anger in a way that won't hurt our children. Here are some things to try:

- recognize signs that you are getting angry - rapid heartbeat and flushed face are common body signals that you are at the "boiling point." Give yourself a time out when you first feel the signals.
- acknowledge that you are angry; denying your feelings will make those feelings more intense. Take some time to figure out if you are really angry at your children, or is it something else?
- take time to cool down before dealing with your kids. Talk to yourself, talk to a friend - get yourself in a positive, calm mood before disciplining your children. It's all right to go to a quiet room and gather your thoughts before you talk to your children.
- identify situations that make you angry and plan a good way to handle them. For example, if children are slow-moving in the morning and you become frustrated, start a new morning routine - wake the kids earlier, make simple breakfast and lunches, whatever you need to do to de-stress the morning.
- learn about alternatives to spanking and hitting. Sometimes physical discipline turns into abuse when parents are angry. Parenting classes and support groups like Parents Anonymous® can help you learn better ways of dealing with kid's misbehavior.

- get help if you are out of control and afraid of hurting your child. Contact a crisis line or mental health agency before you do something you'll regret later. Remember - asking for help is a sign of strength, not weakness.
- talk to other parents who are also struggling with anger. Parents Anonymous® meetings are a great place to get and give support. You'll meet other parents in a non-judgmental atmosphere, giving you a chance to share ideas. Often child care is provided, and the meetings are always free and confidential, so you can take a break from your kids without worrying.



For more information call
Parents Anonymous® of Pennsylvania

1-800-448-4906

www.parentsanonymousofpa.org

