

What should parents do when they are angry? (Part 1)



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As parents, feelings of anger, frustration, and even losing one's temper are certainly not unfamiliar. When faced with the challenges of parenting, it's worth counting how many times we get upset in a day. Consider how often we urge our children with phrases like, "Hurry up and get out of bed!", "Do your homework faster!", "Take a shower quickly!", "Eat your food now!"... the list goes on. Not only does this lead to our own frustration, but it can also disrupt a child's happiness and overall quality of life.

When dealing with our anger, the first step is to calm down and reflect on the sources of our anger. One reason may be the feeling of disappointment in unfulfilled inner desires.

Is it a reflection of lost inner wishes that brings disappointment?

Before a child is born, parents often have many wishes, which inevitably lead to disappointment. For example:

- The child was born unexpectedly, bringing pressures that parents are reluctant to bear.
- I wanted a girl, but I got a boy.
- Seeing other children succeed academically and in their careers makes me envious when my own child is not performing well. Why can't they try a little harder?
- I hope my child is well-mannered, but they are using foul language with friends, which I cannot accept!
- I work hard to be a "good" parent, yet my child is impolite and disobedient. Others will surely think I am a failure as a parent, and I am deeply disappointed in myself; I must be stricter to teach them well!



There are countless examples in reality, and parents need to adjust their thoughts in the face of their disappointment:



- The birth of each child is a miracle; the timing, manner, and characteristics of their arrival are beyond our control as parents.
- Every child is a unique individual, with different appearances, characteristics, interests, and talents. Parents need to discover and nurture their strengths without forcing them to fulfill our hopes. As the saying goes, "forcing does not bring happiness," and it may ignore other positive attributes of the child while damaging the parent-child relationship.

- Children are independent individuals, and we can provide gentle guidance, encouragement, and support, accepting that they will have their own paths in life. We should avoid trying to "force growth."
- Parents are human too; we do not need to be perfect. The child's performance belongs to them, and they must learn to face the consequences of their actions without us feeling guilty on their behalf.
- Do not compare your child with others, nor yourself with other parents, so that both you and your child can become content and confident individuals.

In addition to adjusting internal hopes, what else might trigger our anger? How can we regulate our emotions when we are angry? The author will explore this in the next article.

