

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



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In the previous article, we talked about how to calm down and reflect on the "voice" and "internal state" behind our anger. In addition to recognizing whether our hopes for our children are reasonable, another source of anger that cannot be ignored is our own stress.



## As parents, we face countless pressures every day, such as:

- As dual-income parents, having too many responsibilities and being overly busy leads us to urge our children to be more efficient, forgetting that they are still children, and neglecting to provide them with understanding and empathy.
- Under the educational system, the pressure of homework is too great, and children may not be able to manage it according to their age. This puts pressure on parents to push their children. Parents should distinguish that homework and grades belong to the child. We need to assess their abilities and interests reasonably, providing them with a balanced life and growth, teaching them how to cope with pressure positively, rather than pushing them for grades that satisfy our need to explain ourselves to teachers and friends.
- Parents (especially stay-at-home ones) may spend too much time on childcare, making it hard to breathe, which can easily lead to anger. Parents should also take care of their needs by seeking help from partners or friends, finding time to meet friends for tea, or engaging in enjoyable activities to relieve stress.
- If facing work, interpersonal relationships, or life troubles, learn to seek support from friends, relatives, or social workers instead of "going it alone."





# Of course, regardless of how we regulate our inner feelings, anger will inevitably arise.

The following steps can help us digest and handle the disappointment or pressure behind our anger:



- Notice if your voice becomes louder and more urgent when speaking to your child; stop, take a deep breath, and calm down.
- Calmly tell your child, "Mommy/Daddy isn't feeling well right now, it's like a volcano ready to erupt. I'm worried that my feelings might hurt you, so I need to take a break in my room or take a shower to cool down. Once I'm calm, we can talk about how to solve this issue."



- When calm, reflect on the sources of your inner disappointment and pressure, adjust your thoughts, and understand that your emotions are not entirely the child's fault. Try to understand and empathize with the child's difficulties.
- After calming down, share your pressures and disappointments with your child, listen to their thoughts, understand their needs, and work together to find solutions to the problems or avoid conflicts in the future.

If parents practice the above methods for handling emotions, children will quickly learn from them, enhancing the emotional intelligence of everyone involved. Wishing all parents a more harmonious and peaceful inner self and joyful, close family relationships!

