

Tips for Controlling Negative Emotions in Parenting

When parents are unable to control their negative emotions in parenting, those emotions will continue to negatively impact the relationship until the negative emotions are addressed and understood. Negative emotions are usually not isolated and often feed into each other, creating a cycle of emotions. Here are some tips to combat the cycle of negative feelings and avoid potentially harmful acts of anger.

When you're feeling frustrated with your child, **walk away** from the situation and **take a break**. Give yourself time to process what was making you frustrated.

Frustrated

Overwhelmed

If you're feeling overwhelmed, maybe it is time to make a **new routine** that works for both you and your children and doesn't have too many activities. This way your **day is planned** and you've created time to relax.

Angry

Exhausted

Anger often occurs when the other steps in this cycle are not addressed.

The most important thing to do is **walk away from the situation** until you have calmed down so **you do not overreact** and damage your relationship with your child. Try and **understand what led** to the anger before acting.

Impatient

When you're starting to feel impatient with your child, this might be due to other events going on such as difficulties at work or stress over money. It is important to **address those stressors** and recognize that **they are not your child's fault**. Avoid taking out external stress on your child by engaging in **self-care**.

A great way to combat exhaustion is to **reach out to local resources** that can help ease the stressful effects of parenting. Try to **build a support system** that consists of friends, family and professional help in watching your children to **give yourself a break**.