



## Ideas for Parents

### **Losing Our Cool Is Easy To Do. How Can We Control Our Anger?**

Take time out when you feel out of control. Don't take it out on your child. Young children with strong wills can often try a parent's patience. Here are some simple alternatives you can try to avoid the many struggles that can threaten your self-control.

1. Don't lose your cool. Remove yourself from the situation. Let your child know, "I can't talk to you right now, I need to cool off for a few minutes."
2. Give yourself an "Adult Time Out". Take a deep breath and count to 20. Come back when you have cooled off.
3. Call a friend, have a coffee, or just collect your thoughts.
4. Express your anger in WORDS – Still mad? Punch a pillow.
5. Take a hot bubble bath.
6. Put your feet up.
7. Listen to your favourite music.
8. Talk to your plants.
9. Write your thoughts down on paper.
10. Exercise to get rid of the negative energy (anger).
11. Use "I" messages when approaching the problem behavior. For example, "I feel very worried when you play with your ball on the road because you might get hurt. I would like you to play ball in the yard."
12. Use logical consequences when you need to discipline. For example, "You may not play outside since you decided not to follow the outside rules."
13. Remember to use rewards and praise when your children behave appropriately.