



Managing Your Emotions

The daily frustrations of raising children test the patience of all parents. With the additional stress of military life or coping with deployments from the past, managing your emotions gets even tougher. Here are some reasons you might want to learn to manage stress and emotions as a parent:

Improved Relationship with Your Child

When you stay in control of your emotions around your child, your relationship stays more positive. Controlling your anger and frustration doesn't mean you let your child "get by" with misbehavior. Rather, you let your experience and judgment guide your parenting decisions when problems come along. Instead of being afraid of you, your child is comfortable coming to you with their problems or concerns – even when they have made a mistake.

Emotionally Healthy Children

Children are more secure and self-confident when their parents act in predictable, calm and healthy ways. They learn how to solve problems and take responsibility for their actions. They know they are valuable and loved when you focus on helping them learn from their mistakes rather than being threatening or insulting. Words matter, and demeaning, sarcastic words said in anger to a child can never be taken back.

Relaxed and Cooperative Family Atmosphere

When parents stay calm and in control families communicate better. No one is afraid of someone "blowing up" or worries about saying the wrong thing. Families enjoy their time together. Children want to spend time with you, even older kids, because they trust you to be even-tempered and supportive.