

COVID-19 PARENTING

When We Get Angry

We love our children and teenagers, but the stresses of COVID-19, money and lockdown can make us angry. Here is how we can maintain control and manage our anger so we do not hurt others.

Stop the river at the source

- > The same things usually make us get stressed and angry every time
- > What makes you angry? When does it happen? How do you normally react?
- > Prevent it from starting. If it happens when you are tired, get some sleep or rest. If it's hunger, try to be sure you can eat. If it's feeling alone, ask someone for support
- > Look after yourself. Try the 'take a pause' and 'managing stress' resource sheets for ideas



Brain science shows if you control your anger or do something positive you increase your child's brain development.

That's real success!

Take a break

- > When you start feeling angry, take a 20-second cool down. Breathe in and out slowly 5 times before you speak or move
- > Go somewhere else for ten minutes to regain control of your emotions. If you have safe outdoor space, go outside
- > If it's a baby that won't stop crying, it's OK to leave them safely on their back and walk away for a bit. Call someone to calm you down. Check on them every 5-10 minutes

Take care of yourself

- > We all need to connect. Talk to friends, family, and other support networks every day
- > Cut back on drinking or don't drink, especially when the kids are awake
- > Do you have weapons or things that can be used to hit others? Lock them up, hide them or take them out of the home
- > If it's not safe for them at home it is OK for children to go out to get help or stay somewhere else for a while

The COVID-19 crisis isn't forever – we just have to get through it now...one day at a time.

For more information click below links:

[TIPS FROM WHO](#)

[TIPS FROM UNICEF](#)

[OTHER LANGUAGES](#)

[EVIDENCE-BASE](#)