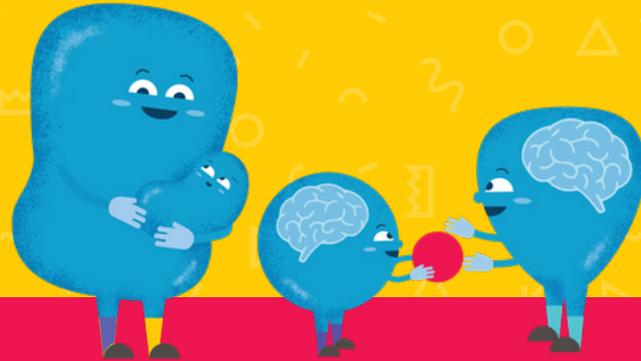


Covid-19 Parenting When We Get Angry

We love our children and teenagers, but stress from caregiving, money, and COVID-19 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 anger from starting in the first place. Get some sleep or rest when you are tired. Try to eat something when you are hungry. Ask someone for support when you are feeling alone.
- > 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. Be proud of yourself when you manage to do it!

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 10 minutes to regain control of your emotions. If you have safe outdoor space, go outside.
- > If you are getting angry because your baby won't stop crying, it's OK to leave them on their back in a safe location, like a crib, and walk away for a bit. Check on your baby 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 alcohol or don't drink, especially when the kids are awake.
- > Do you have weapons or things that can be used to hurt others? Lock them up, hide them or take them out of the home.
- > It's ok to have your children stay somewhere safe or take them to a place where they can get help.

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:

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[TIPS FROM UNICEF](#)

[OTHER LANGUAGES](#)

[EVIDENCE-BASE](#)



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