



The Impact of Your Emotions on Parenting

How you deal with your emotions will impact your children and your parenting choices. Read over the positive and negative examples of responses to a child's difficult behavior. Then complete the sentences to remind yourself of the reactions you want to show your children.

How I deal with emotions will cause my child to copy my style of coping with strong emotions and problems.

- If I talk about my feelings when I am sad, so will my child.
- If I yell and say mean things when I am upset, so will my child.
- If I _____, so will my child.

How I deal with emotions will cause my child to believe certain feelings are OK or not OK to express.

- If I react to their anger by acknowledging their feelings, they will believe it is OK to express and talk about their frustration or anger.
- If I react to their sadness by dismissing their feelings as unimportant, they will believe it is not OK to be sad sometimes.
- If I react to their _____ by _____, they will believe _____.

How I deal with emotions will affect my parenting decisions by leading to the way I respond to my child's difficult emotions and behaviors.

- When I stay in control of my own emotions after my child misbehaves, I will stay patient, try to figure out what the underlying feelings are, and set a limit calmly.
- When I let my emotions take over after my child misbehaves, I will immediately respond to their behavior and probably do or say something I will later regret.
- My most likely reaction to my child's misbehavior is _____ and my plan to control these emotions is _____.