

When Your Child Says Mean Things To You | Parenting Tips | Mansi Zaveri

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SUMMARY

Anger is a natural and important emotion that can reveal underlying feelings and issues. Understanding how to manage and communicate about anger can foster better relationships between parents and children, allowing for healthier emotional expression and conflict resolution.

- Anger is a valid emotion that can indicate pent-up feelings needing to be addressed.*
- Parents should model healthy communication by acknowledging their own mistakes and discussing feelings with their children.*
- Creating a "calming jar" can help both parents and children manage their emotions effectively.*
- It's important to understand the reasons behind a child's reluctance to engage in activities, as they may be dealing with issues like bullying or dislike for a teacher.*
- Encouraging children to ask themselves "what's next?" can help them overcome feelings of being stuck.*
- Parents should engage with their children in a way that promotes open communication rather than hovering or controlling behavior.*

let's understand anger is also an emotion and it's a very important emotion because when you are angry you see things that you don't mean and you seem really mean for parenting tips celebrity interviews recipes conversations with experts DIYs and lots more subscribe to kidstop press now you know sometimes we believe that my child is angry or he's throwing a tantrum that's a bad emotion or a wrong emotion

let's understand anger is also an emotion and when you're most it's a very important emotion because when you are angry you tend to say things that have been pent up for a very very very long period of time in in my house when my husband and I have an argument I'll say let's come back to this later because I often feel that when you are angry you say things that you don't mean and you say it really mean right do we

understand this we say things we don't mean and we say it very meanly right when that happens could you tell your child that okay mom made a mistake next time I will ask you how do you want it but I really didn't like the way you spoke to me he was upset trust me children are so intuitive they are so receptive that they will understand that ama gets hurt right and trust me the next time around they may not repeat it

and they'll understand and then maybe you can ask them to reflect what made you were so angry that you said something so mean because you not usually so mean so what really happens there and like she has a calming Corner we have a calming jar and I'd really urge each one of you guys to make it I also use it just take a plastic

bottle put some glitter put some glue put some water and then you know like put the lid

and then seal the lid and then just shake shake shake and by the time the glitter settles down your emotions will also settle down on K stop press we have a video of it but it's really as simple as making it yourself with these instructions just go ahead and make it and you will realize that you know sometimes like she said your child will come and give you the caling jar as well that you also need it right now and it's

okay and also if they're not doing something after you've asked them to do it understand what's the block because I mean how many of us have something that we've been procrastinating for a week all of us why are we not doing it because the problem is bigger in our head than it actually is you de prioritize it because you feel that deadline right so your child is unable to take the next step it's only about and this is a classic line which I've

taught my daughter whenever she's stuck I tell her just think what next just say that to yourself what next okay and automatically the path will unfold because to them they don't know what the next step that's that's the only reason why they're stuck or is there a pattern like sometimes I know that kids don't want to go to a particular ular class because somebody is bullying them listen to your children or somebody is hitting them or they don't like the teacher I

feel like kids have a great Su sense if they feel like they're not getting the right wives they be like I don't want to go to this class I eagerly request you parents forget about all the uh Market uh parenting gimmicks and all those things but the least you can do is to interact with your child like a child and not like a helicopter parenting okay you you next next next this is not what we do right it's it has to be like a

normal communication happening like thinking that your child is s being and not like a for parenting tips celebrity interviews recipes conversations with experts DIYs and lots more subscribe to kidstop press now