

Parenting & You Podcast: Manage Your Anger

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SUMMARY

The discussion focuses on the challenges parents face when managing sibling conflicts, highlighting the instinct to protect one child over the other and the impact of parental reactions on the situation. It emphasizes the importance of understanding the underlying emotions driving the fights and suggests alternative approaches to conflict resolution.

- *Sibling fights often trigger frustration and anger in parents, leading to reactive behaviors.*
- *Parents tend to play referee, labeling one child as "good" and the other as "bad."*
- *This reactive approach can perpetuate the cycle of conflict rather than resolve it.*
- *Siblings are often fighting for their place and recognition within the family dynamic.*
- *Anger from parents can mirror the children's emotions, escalating the situation.*
- *Effective conflict resolution requires a calm, understanding approach rather than yelling or taking sides.*
- *Recognizing the naturalness of sibling rivalry can help parents respond more constructively.*

when you see them fighting with each other what gets triggered inside you I feel frustrated typically I will scream to the one that is doing the hitting you get angry you show your anger you play referee you make one kid the bad kid one kid the good kid you go protect the good kid and does this help or does it just continue on and on yeah it continues on and on I always tell parents that it's

hard when you have two siblings to not go and protect the weaker one and to not go and yell at the one who who's hitting what they're really fighting for is their place in the world they're fighting for their rights to their mother really your children are angry at the other sibling because the other sibling gets them into trouble all of these things are quite natural especially in the same sex siblings become aware of your anger issues when

you react with anger and frustration you are mirroring the same energy and you're expecting them to stop stop we scream at our children stop hitting your brother that doesn't change the reason why he's hitting you see in fact it makes it worse two people are now yelling and two people out of control we have to do the opposite type the word follow to get a link to my podcast