

Parenting Through Panic Calming Your Inner Storm

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=LBCNSLCVBp0](https://www.youtube.com/watch?v=LBCNSLCVBp0)

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SUMMARY

The discussion revolves around the challenges of parenting, particularly in managing children's behavior and tantrums while maintaining balance and consistency. Parents express their struggles with setting boundaries, dealing with mixed messages, and the emotional toll of parenting.

- *Parents feel overwhelmed by the demands of parenting and the need for immediate compliance from their children.*
- *Tantrums are a common issue, with children exhibiting persistent behavior that tests parental stamina.*
- *There is a struggle to communicate effectively with children, especially when trying to maintain authority without causing emotional harm.*
- *Parents often feel caught between their own upbringing and the demands of modern parenting.*
- *The importance of energy and presence in parenting is highlighted, suggesting that children respond more to parental energy than verbal communication.*
- *Consistency in parenting is emphasized as a key challenge, particularly when dealing with multiple children.*
- *Parents seek understanding and support from their own parents regarding their parenting choices.*

I don't know what to say. I don't know what to do anymore. I don't know of other cultures, but mine is like, you have to clean your room now. You have to do this now. You have to study now. So, everything is now. >> Boy, isn't it easy to just lose that balance in one second and [music] go back to that little child's self. >> There's a lot of situations that come up and sometimes I feel she's wrong.

>> She throw a toy and she's like, "I'm not doing it." [music] And he's like, "No, we're doing this and that's it." And then she cries. Yeah, it's being a bit tricky and it's [music] very hard to deal with. >> She goes like, "I want a lollipop. Oh, I want a chocolate." No, you cannot have a chocolate. Okay, I want a bread. And then it [music] explodes and then she goes like, "Okay, I want this." But it never stops.

>> With my daughter, I'm having a lot of difficulty [music] to get my parents to understand where I'm coming from. >> When our children throw tantrums, one [music] of the things that all of us parents do is that we lose stamina, right? So, they win because they are more persistent. There's a lot that is coming to her from them. It's like mixed messages. I feel >> you're more a child of your mother in those moments than the mother of your child.

>> Do you feel that I'm giving more attention to your brother? And then she's like, "No, >> they don't respond

to too much talking. They respond to your energy." >> It's a bit hard to, [music] you know, stand my ground with them and be consistent with her. How do I express it in a way that won't hurt them? The first thing you need to understand is that type the word follow to get a link to my podcast.