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Impair Healthy Healing In People Over The Age Of 30!

I Yelled at My Kids

By Mark Brandenburg MA, CPCC

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I really hadn't meant to yell. But the aftermath of it lay before me. My son was a wimpering mess on the floor and my daughter sat statue-like on the chair in front of me.

As I sat there considering my next move, it occurred to me that I needed to do something quickly.

The deafening sound of silence reminded all of us that an ugly moment had just occurred. And a voice inside me continued to insist that my kids were at fault.

"OK, you two, I'm sorry I yelled like that, what a dumb thing to do!" As I moved toward my son, it became evident that he wanted no part of me. "Get away from me!" he shouted.

I thought better of telling him not to yell at me, so I did the only thing I could think of doing. "Crabby Daddy is back," I proclaimed as I transformed my hands into pincers and crawled in crab-like fashion towards them. "I love to yell at children, then eat them!"

My son continued to yell at me to go away, but now he was laughing and crying simultaneously. My mission to undo the damage my yelling had caused was underway. I'd been able to recover quickly

this time, but I knew that this moment would be remembered for awhile.

Most importantly, I wanted to remember what had really happened. What happened was that I wasn't disciplined. I failed to control my emotions in a way that my children could emulate.

Were my children misbehaving? Absolutely. Is there a part of me that wants to blame them and let them know how badly they were acting? No question. But this is the part of me that serves my ego. It

shows my children how to avoid responsibility and blame others. It's not my "best self."

And it's our best self which we must always search for when we're with our children.

Our kids don't need perfect parents, and they won't get them. But they do need parents who strive to get better. I'm reminded of the words of Emerson, who said, "When a man lives with God, his voice shall be as sweet as the murmur of the brook and the rustle of the corn."

If in our lifetime we could speak to our kids with a voice this sweet, it would be enough.

But until we reach this level, what should we do after we yell at our kids?

Here are five ideas:

- 1.Recover quickly - Recovering emotionally (or faking your recovery) will make it much easier on your children and show them how to be resilient themselves.

- 2.Apologize, but don't overdo it - It's important to say you're sorry, but don't dwell on it and don't show signs of pity. This will help create a victim of your child faster than the drop of a hat.

3. Avoid finding ways to blame them - It's incredibly easy to blame your kids when you're angry. It's OK to say, "When I saw you hit your brother I felt angry," but avoid saying, "You made me angry." You're responsible for your own anger—teach this to your children.

4. Process the incident with them - Children can be traumatized by yelling, and it helps to talk about what happened for each of them. Ask them questions about it and allow them a chance to talk about it if they'd like.

5. Don't beat yourself up about it - You don't have to envision your kids twenty years from now telling their therapist how you screwed up their life! Kids are pretty resilient and they'll

recover, especially if you follow these steps and keep working on yourself.

While we're not perfect, we can still search for the voice as "sweet as the murmur of the brook and the rustle of the corn."

It might even keep your kids out of the therapists' chair.

Mark Brandenburg MA, CPCC, coaches men to be better fathers and husbands. He is the author of "25 Secrets of Emotionally Intelligent Fathers" <http://www.markbrandenburg.com/father.htm> For more great tips and action steps for fathers, sign up for his FREE bi-weekly newsletter, "Dads, Don't Fix Your Kids," at <http://www.markbrandenburg.com>.

Luggage For Kids

By Jerry Smith

Traveling with children is never easy and sometimes it's not even fun. There is help on the way to alleviate this problem. Luggage makers have created kid-sized luggage in bright colors and unique designs.

Like adult luggage kid luggage has wheels. Some brands of kids luggage have wheels that are gender based. Your children will feel grown-up pulling their own bags. Besides watching kids pull their luggage

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is cute.

Included in kids luggage are backpacks with animals that `hug' your child. Backpacks and other luggage for kids are bright colors, cartoon characters, sports themes, flowers, dance, music, and space. Luggage can be personalized with their names. There are bags for boys in the shapes of cars.

Styles of luggage for kids include duffel bags, sport bags, backpacks with pockets for a radio or CD player. There are tote bags that will hold your child's toys and/or books. Other themes are flowers, animals, and camouflage design.

Kids luggage are sized for kids and designed for their needs. The kids luggage is also a way to ease your burden as they have their own carry on bag. Having kids use their own luggage can help them to care for their things and allows them to have fun as well.

Many backpacks and other luggage for both adults and kids have holders for bottles and have waterproof snack pouches. There is also an element of convenience with kids luggage. Be creative and have fun traveling with your child or children.

Jerry Smith can help you. Find out how thousands of people have been helped with the advice and information. Visit this link for details:



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