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The Angry and Sometimes Grumpy Children of the 1950's

By Sue and Chuck DeFiore

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by: **Sue and Chuck DeFiore**

A bunch of us in our late 40's and early 50's got together the other night, and after the evening was over I started thinking that many of us born in the 1950's are in a crisis stage. People can't understand why we are so angry and grumpy sometimes. This article discusses some of the issues we have with society today and might enlighten others (the younger set) as to why we seem so disillusioned, and out of sorts at times.

The consensus of the group was "is this all there is." We've been working since our teens. A car costs more today than what our parents bought a house for. We work and work and still don't have enough. Food costs have risen astronomically, along with utility costs, insurance costs, and housing costs.

We started laughing at one point and said we sound like our grandparents. However, it is a very sad commentary that what took place for our grandparents over numerous decades, has only taken 20 to 30 years to occur for us. The real scary thing is that salaries for many jobs have not changed over that twenty year period, while our expenses have skyrocketed, and increased one hundred fold.

We all became nostalgic when we talked about the things we used to do to relax. How so many of those things are gone, or we can't afford to do them any longer. Our kids tell us we don't have a clue about school, sex, music, or what's going on in the world. Again, the laughter abounded with the music issues, but became very serious when we talked about the scary things kids do today, that we wouldn't even have thought of when we were growing up. Killing teachers, and other students never entered our minds. We had respect for our teachers and those in charge.

The next thing we ranted about was our health. For some of us, the ravages of time have taken place... eyesight problems, arthritis problems, blood pressure problems, "the barnacles of life". The discussion we had on the cost of health care was a lively and volatile one to say the least. Many of us who have had major illness problems also went ballistic with regards to the social security system, the disability system and Medicare system. The majority of us have worked since our teenage years. We were

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incredulous when it took over a year to get money from the social security system, especially when we see people playing the system who don't deserve it.

All of us are still working. The majority of our group are either self-employed or independent contractors. Many of us run home-based businesses. While we are still disheartened with the rise in costs, at least our work environment is a happy one, and one we feel in control of. For those in our group still working in corporate America, that's just an additional concern and stress for them. Is their job safe? Will they be downsized? Laid off? We went back and forth on the work issue and found that while running your own business is a risk, we have a lot more control over our destiny than if we worked for someone else, and hence, a lot less stress. Plus we can't fire ourselves.

We all wondered where it will end. So many of us thought we would be retired by now, or at least contemplating it within the next ten to fifteen years. However, with all the medical advances and hundred-fold costs of so many things, that is not an option. Retirement is no longer something people

do automatically between 55 and 65. Today, the retirement age is in the 70's.

For many of us, the thought of another twenty or more years of working is a depressing one, in addition to making us very angry and grumpy to say the least.

Hopefully this article will provide some insight to those who wonder why the over 40 generation is so angry and grumpy at times.

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8 Steps To Good Child Behaviour!

By Amy A.May

1. Establish House Rules Make simple rules for your child. Start with a few things we do and don't do. Discuss them with your child.
2. Prevention Is Better Than Cure If you feel that your child's behaviour is beginning to get out of control, nip it in the bud by distracting your child's attention onto a positive activity or game.

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3. **Understand Your Child's Behaviour** Define simply and clearly any difficult behaviour. Keep a diary of what led up to the behaviour and what immediately followed it. From this, see if there is a pattern. What are the triggers and consequences which might be keeping the behaviour going? DON'T blame yourself but work at changing your responses.

4. **Discipline With Short Time-Outs** Try to view discipline in a different way e.g. if a rule is broken, discipline with a time out a short, quiet time alone, without play. Alternatively ignore minor behaviour difficulties as your attention will often inadvertently encourage the very behaviour you want to stop.

5. **Take Five** When tensions and anger rise in you or your child take five. Take five minutes to cool down and to ask yourself, Why am I getting so angry? Try to identify the real problem, then find the solution. Always control your temper.

6. **Never Strike In Anger** Research has shown that hitting your child does not help, and can do more damage. Try to avoid striking your child in anger. Smacking is not effective in reducing poor behaviour, as it does not teach children good behaviour.

7. **Don't Yell or shout at children** Try to avoid yelling at your children in anger. Do not put down your children. If they break a rule, tell them what they did wrong and why that makes you angry. Be angry at what they did, NOT at who they are.

8. **Get Away** When you feel frustrated, angry or uncontrollable, let your feelings out safely away from your children. Get out. Take a walk. Do not stay alone with your children when you are overwhelmed. Get help and support.

How to foster good Child Behaviour at

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