18. SUBJECT: Conflict Help: Count to 10

When your child is yelling at you, it’s hard to remain calm.   
  
*“You don’t understand!”*

*“You don’t care!”*

*“I wish you weren’t my mother!”*

Those words sting when we hear them spoken by our kids. It’s tempting at times to want to retaliate:

*“Well, sometimes I wish you weren’t my child!”*

*“You don’t have a clue about what life is really like.”*

It’s in these moments—when hurtful phrases are on the tips of our tongues—that we must remember that *we* are the adults.

Here’s today’s *Tip for Modern Parents*:

**When you’re really, really angry, stop and count to 10.**

This is not rocket science—but it is hard to do in the heat of the moment!

While you’re counting (and close your eyes if you need to), ask yourself this question:

**What is the best thing I can say right now?**

Giving yourself those few seconds to pause, gather your thoughts, and cool down will help you be a better communicator—and a better parent. Your child may not recognize or appreciate it, but you’re also teaching him or her how to deal with conflict in a healthy way.

Onward to better parenting,

ADD NAME