

# **BONUS MATERIAL:**

## **Disciplining Patiently & Consistently**

1. **Speak slowly and softly.** When you feel your anger rising, slow your speech way down and talk quietly. This will help you resist the urge to shout. Don't lecture – it will make you more upset. Simply say to your child, I'm feeling really upset/angry/frustrated right now. I need a few moments to calm down before I deal with this situation. This lets your child know that there's going to be a "pause" in the proceedings. Naming your emotions in front of your child is important too. In effect, you're sending your child the message, Watch and learn – this is how to deal with anger.
2. **Take 10 deep breaths.** Rehearse a verse of Scripture like [James 1:5](#) or [Romans 12:2](#). Then pray, asking the Holy Spirit to help you put self-oriented thoughts aside and respond in a way that lovingly meets your child's needs and nurtures their emotional and spiritual growth.
3. **Remove yourself from the situation if needed** (provided your children will be safe in your absence). Keep a stash of calming Scripture memory verses in the bathroom (or another calm-down retreat, or in your purse or wallet) and pray through them until you feel more under control.
4. **Don't expect too much from your children!** Remind yourself that you are the parent, and responsible before God to show your child a better way.
5. **Dig for the truth.** *Anger is a secondary emotion.* When you feel yourself getting upset, listen carefully to your thoughts to reveal the primary emotion underlying your reaction. *Is it fear? Resentment? Hurt? Grief? Disappointment? Stress?* For example, you might be thinking, If my kids don't leave me alone, I'll never meet my deadline. Your children didn't set your work deadline, so be honest about who really owns that problem.
6. **Lighten up and channel your inner comic.** Learn to laugh with your kids first, before you talk about how they might do better next time.
7. **Call an Ignite Purpose friend for two minutes.** A brief chat with another parent in this program will help you put the situation in perspective.
8. **Count your blessings.** Rehearse in your mind all the things you love about your child/children. This moment of frustration will soon pass.
9. **Ask your kids to help!** Once you've told your kids, I'm feeling very frustrated right now, ask them, What do you think I should do? Their cute answers may just melt your heart. At the very least, you've got them actively engaged in thinking about good ways to manage their own anger.