

# WHEN YOU FEEL LIKE A BAD PARENT

We all have those days where we wish there was a restart button. Where we can't stop yelling at the kids, or we don't really care how long the kids are sitting in front of the TV. These are the days when we are OUT of our Window of Tolerance!

*When you're out of your window of tolerance, you may find yourself saying:*

## HYPER-AROUSAL:

Parents experiencing hyper-arousal will yell, repeat themselves, use a lot of energy to get their point across and be more forceful than they intend to be.

"How many times have I told you?!"  
"Stop it! I told you to be careful!"  
"Listen to me now!"  
"Get your shoes on right now, we're going to be late!"  
"Do what I tell you!"  
"Go to your room right now!"



## HYPO-AROUSAL:

Parents experiencing hypo-arousal will be more permissive and let things pass that they wouldn't normally. They want the child to be entertained by venues other than themselves.

"Go play outside!"  
"It's quiet time now."  
"Sit down and watch TV."  
"Whatever."  
"I don't really care what you do."

## Window of Tolerance

When you are in your window of tolerance you are able to have patience with your child, regulate your emotions appropriately and engage with your child.



"We all make mistakes."  
"I see you want to hit, but your sister is not for hitting."  
"Please be gentle."

"Thank you for listening."  
"Eyes on me."  
"You may put on your shoes by yourself, or I can help you."

