

PARENTING TIPS

Identify Pet Peeves

Anger is a problem in many families. One of the ways you can address it is by having some honest and even fun conversations about anger in family life. Here's an activity that can launch your family into an interesting discussion. Who knows where the interaction will lead you. You might have this discussion around the dinner table or part of an evening devotion time.

Begin with this statement: Let's all share some pet peeves that we each have. A pet peeve is something that others do that makes you mad or easily irritated. Other people may not be bothered at all but you have a hard time whenever this thing happens.

One mom said, "Here are some of mine. I don't like to see towels on the floor in the bathroom or bedrooms. I get angry when I lost my keys, or when the car gas tank is on E after Dad drives it."

Dad said, "That's interesting. I didn't know that was one of your pet peeves. You know, one of mine is when my tools aren't returned to the toolbox or when you drive my car and don't put the seat back in place."

The kids smiled as they saw their parents expressing pet peeves and were able to think of some themselves, borrowed toys, irritating noises or touching, and being interrupted while on the computer.

Then you might talk about being tolerant and thoughtful of each other. This discussion can be very practical and lead to many helpful thoughts and ideas about anger in daily family life.

This parenting tip is taken from the book, Say Goodbye to Whining, Complaining, and Bad Attitudes. In You and Your Kids by Dr. Scott Turansky and Joanne Miller, RN, BSN