



Family News

Fall 2012

The Family Place
319 US Route 5 South
Norwich, VT 05055

802-649-3268
800-639-0039
www.FamilyPlaceVT.org
Find us on facebook



The Flip Side of Parenting: Frustration

Any parent can tell you that frustration is a part of the job. Whether your child is two months old and not sleeping, two years old and not eating, or twelve years old and not doing his homework, anger, disappointment, and frustration are normal reactions.

“Every parent gets frustrated with their child,” says Tonya McMurray, Mental Health Counselor at The Family Place. “Being frustrated does not make you a bad parent, and it does not mean you should feel guilty. What’s most important is how you manage that frustration.”

Tonya offers some tips on how to manage parenting frustration:

- Take a time out for yourself. Go sit on the porch, go to another room, lock yourself in the bathroom for a few minutes. Get some space so you can calm down or think about how you want to handle the situation. Make sure your child is safe; but sometimes we parents need some space.
- Pick your battles. Sometimes we react to things that don't really matter very much. Does it matter if the socks don't match or if it takes you an extra ten minutes to get to the grocery store? If it doesn't affect the bigger picture, let it go.
- Ask for help. If you have a partner, another family member or a friend available, ask them to take over for a little while. You'll get a break, and a fresh perspective might be useful for both you and your child.
- Remember that when you are frustrated, you're modeling for your child how to manage frustration. That's true whether you do it in a good way or a bad way. Make sure you're modeling the behavior you want to see in your child.
- Don't be afraid to tell your child “I'm frustrated.” If you're having a bad day, tell your child, “I had a very busy day at work and I'm really tired. That makes me feel pretty grumpy.” Or, “Daddy needs to get to work on time and I'm frustrated that it's taking so long to get your jacket on because I'm afraid we'll be late.” Or, “I'm really frustrated that I've asked you to pick up your toys and they're still all over the living room.”
- Be sure to make time for yourself to do things you enjoy separate from your child. We're more apt to get frustrated – and manage that frustration poorly – when we aren't taking care of ourselves.

Our Mission

The Family Place Parent Child Center supports the positive growth and development of all parents by offering services that encourage families to build upon their strengths.



Board of Directors

Elizabeth Adams

Bill Boyle

Mary Brown
Chair

Elizabeth Chabot
Secretary

Helen Damon-Moore

Beth Kolehmainen

Nina McCampbell

Leslie Potter

Arline S. Rotman

John Ruth
Treasurer

Kathleen O. Snyder

Posie Taylor
Vice Chair

A Season of Giving

We hope you consider a gift to The Family Place during this holiday season. Every year our services support over a thousand families in the Upper Valley with therapy, education, child care, counseling, home visits; the list of what we can accomplish is long, but we can only do it with the help of our friends and neighbors. Together, we can make a difference in our community for generations to come.

Visit www.FamilyPlaceVT.org to make a donation, or mail your gift to
319 US Route 5 South, Norwich, VT, 05055



Come to our 10th Annual Gingerbread Festival!

Gingerbread Houses • Silent Auction • Cafe
Storytelling • Music • Gingerbread Store



Saturday, December 8th, 2012

10 a.m. - 3 p.m.

Tracy Hall

Norwich, Vermont

Admission:

\$10 per family or

\$5 per individual



All proceeds benefit The Family Place

For more information please visit www.TheFamilyPlaceVT.org or call (802) 649-3268

Sponsored by:

The Jack and Dorothy Byrne Foundation

