

# 7 Things to Say to Your Kids After You Yell



*1. Wow, I didn't like the words I used with you right now. I am sorry.*



*2. I was very angry, and I yelled at you, it was not okay for me to yell, even if it is okay for me to feel my feelings.*



*3. Whoa, I really lost my temper and I was so angry. That was not the way I hoped to start our day. I am going to have a do-over and try again.*



*4. I got really mad, didn't I? Sometimes parents feel angry too. I yelled at you, and I shouldn't have done that. I'm sorry. But then, I took some deep breaths and started to feel okay again. I calmed down. I love you.*



*5. I love you, always. There is nothing that could change my love for you. Even when I am angry, I still love you.*



*6. I am sorry I lost my cool. I am here with you now and I am calm. What do you need right now?*



*7. It is okay to feel angry, but it wasn't okay for me to yell at you. I lost my temper. I love you and I am sorry.*