

WHEN YOUR CHILD SAYS "I HATE YOU!"

When your child says, "I hate you!", the hardest part is to regulate your own emotions. Sometimes it's hard to remember that you are the adult in the room... but you are. You've got this. Take a breath.

It might help to remember: Behind their "I hate you!", there are painful emotions they just don't know how else to express.



"I HATE YOU!" USUALLY MEANS:

"I have big feelings
I can't handle."

"I hate your
decision."

"You don't
understand me."

"I am angry
at you."

SOME RESPONSES YOU CAN TRY:

"I can see that you are so angry at me. I want to understand why. Let's talk when we're both calm."

"I can see you are feeling very frustrated right now. You don't have to like my decision. It's my job to parent you the way I see right."

"It's been a tough day and this made you feel even worse. Let's take a break and talk about this when we're both ready."

AVOID:

♦ Shaming. ♦ Punishing ♦ Talking back



TRY:

♦ Staying calm ♦ Validating big feelings
♦ Seeking to understand ♦ Taking a break

REITERATE THAT YOU LOVE THEM.

"IT'S OKAY TO GET ANGRY OR FEEL FRUSTRATED. I STILL LOVE YOU."