



ROBBINS NEST CHILD CARE SERVICES

Sleep Consulting and Infant Nursery

Tips to Deal with Frustration and Anger

Author: Marilyn Barr, Founder/Former Executive Director, NCSBS

You, like millions of other parents, have likely found yourself in a situation where you have become very frustrated, even angry with your baby's crying. It is important to know that this is completely normal. Listening to a crying child can be very frustrating, especially after you have tried everything you can think of to calm and soothe the crying infant. All babies cry, especially while going through the *Period of PURPLE Crying*. It is important to recognize this and deal with your anger and frustration when caring for a crying child appropriately.

When caring for a crying baby begins frustrating or angering you, it is time to take a break. The best thing you can do for your baby is to get away from the crying for a while and calm down. This does not mean you are a bad mother or father. It only means you are normal. Ask your spouse, partner, a relative or friend if they could help with the baby for a while. If none of these options are available, set your baby in a safe place and walk away. It is important to take some time to allow yourself to calm down before returning to care for your baby.

Below is a list of things you can do to help you relax and get rid of your frustration:

- **Listen to music.** Even just one song. Use headphones or play the volume loudly so you can no longer hear the crying.
- **Take a warm bath.** Close the door, indulge in bubbles, and play soft music.
- **Watch TV.** Watch an episode of your favorite show.
- **Exercise.** Turn on a workout video. Exercise hard. Every few minutes, walk into your crying baby's room and announce that you are sorry, but you are in an exercise class right now and you will come back when it is over. Even better, ask your spouse or relative to stay with the baby while you walk around the block. In the evening this can be very therapeutic.
- **Take a nap.** This can be hard when there is a baby crying, but if you can ask a neighbor to go to their house while they come and watch your baby for even 20 minutes while you go to their house and have a nap, it can help. Most people are surprised how happy a good neighbor is to offer this relief to a mom or dad.
- **Engage in a hobby, craft or activity that you find enjoyable.** You may feel guilty doing this with your baby crying, but this can really help. Convince yourself that you are entitled to have some time for yourself, keep saying this over and over to yourself. Every so often go into your crying baby's room and announce, "I am making a cute thing for your room right now so you will have to wait until I finish that."
- **Keep a thought journal.** Writing your feelings in a journal can help you get things off your chest. This type of journal is not meant to be a personal history but rather an expression of your inner feelings.
- **Talk to someone.** It helps to share your frustrations with others who will listen. Talk to a trusted friend or family member.



ROBBINS NEST CHILD CARE SERVICES

Sleep Consulting and Infant Nursery

- **Don't try to do too much.** Practice time management skills. Decide what needs to be done and prioritize. If it doesn't get done, don't sweat the small stuff.
- **Organize.** Put things in their place. Stress can develop in a cluttered environment. Take a few moments at the end of the day to pick up.
- **Volunteer.** Service to others can quickly make you forget your own problems.
- **Laugh and Laugh Often.** Enjoy a comedy, tell a joke, or share good times with family and friends.
- **Clarify your values and live by them.** Identify your values, goals, and priorities. Evaluate where you are now in relation to them and develop a plan to move to values and goals that are important to you.

Seek Help. Sometimes we need help to deal with stresses that are too overwhelming to handle alone. Remember, it is okay to ask for help.

Child Help is 24/7 toll free number that you can call and talk to a professionally trained counselor and get help on dealing with your infants crying as well as other development topics which you may find frustrating.

CHILD HELP HOTLINE: 1-800-4-A-CHILD