

# 5 Ways I have Stopped Bullying My Kids

*Editor's Pick. Written by Jennifer Andersen.*

I am still bullying my kids. It is not intentional, and I wish I did not, but when the days are long, and I am tired, I lose my patience and yell, threaten, shame or withhold affection. This happens with less severity and frequency than it used to, but it still happens. Here are 5 ways I have learned to ensure that I am not bullying my kids.

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