

## Do Your Children Deserve Your Hostility?

No. They don't. But what can you do? Jennifer Lehr has some productive thoughts on the matter. My son "pushes my buttons" from time to time, and I've yelled. But I don't justify it, nor fail to apologize for such unjustified and unacceptable behavior on my part. I take a knee and tell him how bad I feel and ask for his forgiveness. Usually, it takes a few minutes for both of us to approach each other. Me to calm down and realize what needs to be done. And he to feel safe and secure approaching me again. Our relationship is that much stronger the next time. He's maturing as a child, and I'm maturing as a parent. We're both struggling, but we're struggling together, and that makes it easier.