

# When Mama Has A Bad Day

*Guest post by Darci Walker.*

We talk so much about how to help a child through their emotions. We want them to have awareness, understanding, and language to process emotions. We want them to feel, express, process and recover from emotions in ways that are healthy and productive. But what about when parents have emotions? And more specifically, what about when parents have emotions that interfere with our ability to be calm and present and balanced and thoughtful parents? What about our emotions?

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