

The children (even the most beloved and angelic ones) can be obnoxious. They get naughty, they fight, draw on the wallpaper, refuse to eat, sleep... Sometimes parenting and just being around a child takes so much energy that adults can't hold back, lose their temper and shout. It is very easy to deal with older children when they are already in school and have homework to do. Then, in order to take a break from children, you can simply use the help of online essay writing services. For example, Studybay is a good online service. If you want to know more [about Studybay](#) then you can check out the social media of this online service.

*How to learn to notice the signs of impending irritation? How to stop in time? How do you cope with stress and shame when you can't stop?*

No matter how hard you try to get away from your children, it is not always possible or desirable. You still have to spend time with them, and it is in your best interest to make it as enjoyable as possible. But you don't have to spend time with your children all the time just because you are physically there for them. Being able to consciously decide when to get involved and when to leave the children to themselves is a powerful tool to help keep the disruption at bay.

**Here are some simple strategies that allow you to be together and keep your distance at the same time.**

Either you pay attention to the children, or you ignore them - no "in between" I've said many times before that multitasking in the presence of children irritates them and stresses you out, meaning the likelihood of breakdowns increases. If you feel like or need to do something without the kids, keep them busy with a [book](#), toy or game and then leave them alone. Do your chores, prepare a meal, and all the while, try not to comment on their activities or ask about what they are doing. When you are ready to communicate again (or it is clear that the children need your help), close the laptop, put the phone away and switch to "attentive parent" mode.

**Let them wait**

It may seem obvious, but the problem of waiting becomes a stumbling block for many parents. If you are cooking dinner, doing the bills, talking on the phone, and the child comes in and asks a question or demands something of you, don't try to carry on with your work and solve the child's problem at the same time. Instead, say: "Wait, please, I'm busy".

The first time the child probably won't hear you, so don't hesitate to repeat it fifteen more times.