

When I get so mad I almost
explode...



Information and counselling
for parents and other adults



In Norway it is against the law to hit children. What do we do then, when we are at our wits end, angry and fail to see any other solution? Can we avoid falling into a vicious circle?

Sometimes as parents we experience more than we feel we can take, for example our

- “little angel” won’t sleep and we’re exhausted and getting desperate
- three-year old is totally obstinate and won’t give in
- nine-year old keeps trying to stretch his borders far beyond the limits of our patience
- teenager comes home later than agreed
- child/teenager behaves totally opposite to what we as parents think is right

Many parents feel powerless in situations like these and act spontaneously with frustration, anger and resignation. Sometimes we as parents are also tired for other reasons than our children and we feel totally drained. We – or others around us – feel that we could explode over the most trivial of things.

Sometimes we end up treating our children in ways we know are not good; scolding, shaking, hitting or smacking them. In our despair we fail to see other ways of reacting. We often have a guilty conscience, and this deepens our despair.

Does this sound familiar to you? – If so, you are not alone. Many parents have felt helpless in such situations.

Ask for help if you feel that you are losing control in such a way that detrimentally affects you or your child. Talking to the public health nurse or another person you trust can

help you to find other ways of dealing with these difficult situations.

Contact someone before these problems become too heavy to bear. It is better to take preventive steps than to wait until the problems pile up!

Here is where you can get help:

- Public health clinic/school health service
- Day-care centre
- Child welfare services (Barneverntjenesten)
- School counsellor
- PP service (Pedagogical/Psychological Service)
- Family Counselling Office
- Bekymringstelefonen Voksne for barn (Emergency Child Welfare Reporting Phone Adults for Children)

Weekdays 9 am – 3 pm, tel.: 810 03 940 or e-mail: bekymring@vfb.no

If the need to call arises in the evening or night when you cannot get in touch with these services, you can ring:

- SOS telephone – Kirkens SOS (Norwegian Church SOS Service)
Tel.: 815 33 300
- Mental Helse Hjelpetelefonen / Mental Health Helpline
Tel.: 810 30 030 or web service:
[www. sidetmedord.no](http://www.sidetmedord.no)

Both these services are available around the clock.



The Programme for parental counselling is available to all parents with children from 0-18 years of age. The aim is that you as a father or mother can be assured that you are doing what is right for your child.

This programme can help you to understand what you are already doing well, and can help you to find alternative ways of dealing with your child/children if you need this. The Programme for parental counselling organises parent groups where you can exchange experience with others and receive help to find your own solutions.

Several municipalities organise parent groups in other languages than Norwegian.