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To be angry is to revenge the faults of others on ourselves. --Alexander Pope

Children, Anger Control and Inuit Wisdom

Traditional Inuit parenting is incredibly nurturing and tender. If you took all the parenting styles around the world and ranked them by their gentleness, the Inuit approach would likely rank near the top. (They even have a special kiss for babies, where you put your nose against the cheek and sniff the skin.) The culture views scolding -- or even speaking to children in an angry voice -- as inappropriate, says Lisa Ipeelie, a radio producer and mom who grew up with 12 siblings. "When they're little, it doesn't help to raise your voice," she says. "It will just make your own heart rate go up." More in this fascinating article from NPR.

Be The Change:

For more inspiration read, "10 Life Changing Facts About Anger."