



ANGER MANAGEMENT FOR CHILDREN

Anger in a child is powerful and natural emotion. Anger indicates that the child may be experiencing frustration, hurt, disappointment, embarrassment, sadness or feeling threatened. Sometimes anger, in a child, may also be related to low self-esteem. The goal is to teach children how to experience anger and use it to determine solutions for the situation that caused anger.

IDEAS TO REMEMBER WHEN DEALING WITH ANGER IN A CHILD

1. Identify what the child is angry about.
2. Use the situation to teach the child different choices for expressing or dealing with anger.
3. Help the child learn the difference between anger and being aggressive.

HOW TO HELP

- ❖ Catch your child being successful at managing anger and praise him/her.
- ❖ Provide and encourage appropriate physical outlets for anger – such as sports, and exercise
- ❖ Deliberately ignore inappropriate expressions of anger that are not too severe – i.e. tantrums, whining and yelling.
- ❖ Show affection to your child to comfort him/her if the anger is related to sadness.
- ❖ Explain situations that cause anger and help the child to determine other appropriate responses
- ❖ Encourage your child to be aware of his/her strengths.
- ❖ Help your child learn to settle himself/herself by doing things he/she enjoys to decrease anger.
- ❖ Tell your child that angry feelings are OK to experience, but that aggressive behavior (hitting, yelling, breaking things, threatening, etc.) is not the best way to handle these feelings.
- ❖ Help your child understand that in every situation, even when facing the powerful emotion of anger, there are choices – help them practice good choices that do not harm people.
- ❖ Help your child feel valued and see himself/herself as a valuable person.
- ❖ Demonstrate appropriate behavior when angry – when you “talk it out” or take a time to “collect your thoughts”; you help your child learn a better way to manage anger.
- ❖ Help your child learn to express himself/herself verbally.