

# CHILDREN'S ANGER

## Dealing With an Angry child:

When dealing with children and their anger, it is important to remember the following:

1. Feelings, even angry feelings are never “bad”. Feelings are basic responses to life. How we act on feelings can be a problem. It's important to communicate this difference to children old enough to understand.
2. Children learn how to act on feelings (like anger) primarily from their parents. If parents yell or hit or shame, kids will too, regardless of parents attempts to punish them out of it. Modeling is the single strongest form of teaching. If parents want kids to change such behaviors, it's important for them to make sure they aren't doing any of these behaviors for their kids to see.
3. The best way to “unlearn” a negative anger habit is to have a clear alternative behavior in mind to replace it.
4. Ignoring, time out, and rewarding can be very effective with tantrums.

When dealing with an angry child, be careful not to become angry yourself. Stay calm - the child will learn from the role modeling.

## What To Do When My Child is Angry With Me:

1. Keep cool. As soon as you start to “burn” tell yourself, “Keep cool. I'm not going to let this get to me.” Practice this!
2. Take a deep breath and tell yourself to relax. Tell yourself, “I've handled worse situations than this before. I refuse to make this my problem. This is my child's problem.”
3. Do not allow yourself to be hurt by words which fly. No matter what your children say, remind yourself that these words are merely a “clutter of sounds” and you won't take insults seriously. Even if the child says they “hate you” and that “other parents know how to treat their kids,” your worth is not at stake. If you can't handle peevish, critical reactions, how do you expect your child to do so?
4. Take a deep breath and defuse the anger by agreeing with something the child says no matter how absurd the charges are being made against you. Like: “I'm sure it seems unfair, but you did break the rules, and you have lost phone privileges until Friday.”
5. Refuse to get upset and defensive. Do not counter attack and use hateful words or insults in return. Your child will eventually calm down if you don't escalate the anger.
6. Allow the child to calm down before a lengthy discussion. Say, “We'll talk about it later when we both feel under control.”