

Anger Management

Does your child get mad easily, and maybe even have tantrums? There are ways that parents can help to teach their child how to have anger control.

*It is not ok to hurt others, hurt themselves, hurt animals or damage property.

1. Teach kids to identify how they are feeling on a day- to-day basis.
2. Teach kids how to use an "I" Message. I feel _____ when you _____. Please stop. This can help them to learn how to solve their own problems in an assertive, not aggressive way.
3. Teach anger control skills
 - a. Take 3-4 slow deep breaths
 - b. Talk it out
 - c. Walk it out or do other physical activity(ride a bike, shoot baskets, etc)
 - d. Draw/color it out.
 - e. Write about it.
 - f. Read a book.
 - g. Take a nap.
 - h. Listen to music
 - i. Walk away
4. You are your child's best role model. Model appropriate ways to handle your anger. They do as you do!
5. Ignore tantrums. Walk away until the tantrum has subsided.

6. Wait until your child is calm and then talk about what happened, and problem solve what to do so that it doesn't happen again.
7. Make sure that if your child made a mess during the tantrum that they are still made to pick it up; and if they broke something that they try to fix it, or pay to have it fixed or replaced. Natural consequences work best!
8. Parents, whatever you do, DO NOT GIVE IN to what the child is wanting/throwing a tantrum for. Hold firm! If you give in you are teaching them that anytime they want something all they have to do is tantrum.

Books for Kids

*Let's Talk about Feeling Angry

By Joy Berry

*Josh's Smiley Faces, a Story about Anger

by Gina Ditta-Donahue

*My Mouth is a Volcano!

By Julia Cook

*When I Feel Angry

by Cornelia Maude Spelman

*I Was So Mad!

By Norma Simon

Books for Parents

*The Explosive Child

By Ross Greene, PhD