

## HELPING YOUR CHILDREN DEAL WITH ANGER

Find lots of ways to praise your child's good behaviour daily.

**Examples:**

*"Thanks for hanging up your clothes."*

*"You sure were patient when I was on the phone."*

Ignoring anger is one way of showing the child that the behaviour is inappropriate.

Give your child plenty of opportunity for physical exercise to let off extra energy.

Sometimes a sudden hug or show of affection will help an angry child regain control.

Be clear on your limits.

Your child needs to feel valued and aware of strengths as well as weaknesses. Your child needs to know that angry feelings don't make someone a bad person.

Talking is an acceptable steam valve. It helps the child to avoid "blowing up."

Teach your child to put the angry feelings into words instead of fists.

Encourage your child to express their anger through their mouth (talking), hands (computer game) or feet (skateboarding).

Sometimes physical restraint is necessary to stop a young child from hurting someone. This also will help the child save face. Physical restraint is not a form of punishment for angry behaviour or a chance for other children to ridicule your child. Neither should it hurt the child physically or emotionally. This is simply a way of saying, "you can't do that."

**If you ever think you're in a situation you can't handle,  
don't hesitate to get help!**