



Child anger

Reacting to child anger

Dealing with an angry child can be very stressful. Whether it's a toddler having a temper tantrum or a teen rebelling against a curfew, children can get very angry and upset over things that seem minor to adults.

Young children most often react physically to anger but find it difficult to explain how they are feeling. Anger is an intense emotion, and it takes time for a child to develop skills that help

him or her recognize feelings, resolve the underlying problem and learn acceptable ways to express anger.

The most important way to help your child learn how to express anger in a healthy and effective way is by modeling acceptable ways to manage anger. Children learn by example, and the way children see adults reacting to anger will influence the way they solve problems.

What parents can do

- Stay calm. When you're in control you can help your child control his or her anger.
- Teach your child that it's OK to get angry, but be clear that there are acceptable and unacceptable ways to express and deal with anger.
- Find out why your child is angry. Ask him or her what happened, what went wrong, and why he or she is angry. When your child talks about the situation, help him or her problem solve by suggesting alternatives.
- Some children may have a difficult time using words to tell people what they want. As a result, they get angry and frustrated. Suggest different phrases that your child can say instead of getting angry.
- Redirect your child's anger by removing him or her from the situation and giving the child something new to focus on.
- Don't use physical punishment to try to correct your child's aggressive behavior. Instead, put him or her in a time out and give the child a chance to cool down. The rule of thumb is one minute for each year of age.
- Stay calm. When you're in control you can help your child control his or her anger.
- Through television, movies and video games, kids see violence as a way of handling anger. You can control this influence by screening what your child sees when possible, setting rules about appropriate TV and movie watching and not letting your child watch television unsupervised.



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