

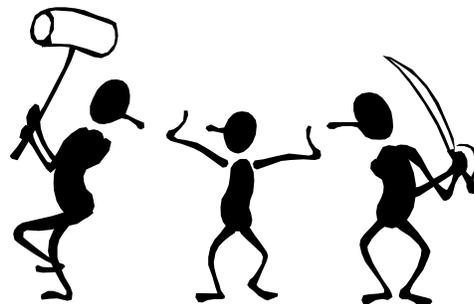
Child anger

Reacting to child anger



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

Young children most often react physically to anger and find it difficult to explain how they are feeling. Anger is a strong emotion, and it takes time for a child to develop skills that help them recognize feelings, figure out the underlying problems and learn acceptable ways to express anger.



The most important way to help your child learn how to express anger in a healthy and useful way is by showing them acceptable ways to handle it. When children see adults managing anger appropriately, it shows the child how to solve problems since children learn by what they see.

What parents can do

- ♥ Stay calm. When you are in control of yourself, you can help your child control his or her anger.
- ♥ Teach your child that it is okay 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 talk about different ways of handling the argument.
- ♥ 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 words that your child can say instead of getting angry.
- ♥ Shift your child's anger by taking him or her out of the situation and giving the child something new to do.
- ♥ Don't use physical punishment to try to correct your child's aggressive behavior. Instead, **call a "time out" and give the child a chance to cool down. The rule of thumb is one minute for each year of age.**
- ♥ **Through TV, movies, and video games, kids see violence as a way of handling anger. You can control this influence by viewing what your child sees when possible, setting rules about appropriate viewing and not letting your child watch TV unsupervised.**