

# Dealing with children's anger

The more we can model safe ways to express anger, the more likely it is that our children will do the same.

- It doesn't matter that we're not perfect – no one is! But it's important to talk about our failures to our children.
- Saying sorry when we get things wrong sends our children a strong positive message. And being willing to forgive them when they get things wrong is important too.
- All children get angry sometimes. We shouldn't feel bad about this as parents. Anger is a natural emotion and the family environment can be the best place to learn how to deal with it safely.

**Remember, it's OK to feel angry (everyone does so at times), but it's not OK to express those angry feelings in a way that hurts others or ourselves.**

Whether they are a young child or a teenager, it's never too late to help your child learn to express their anger safely.

Dealing with your child's anger is difficult, but it is possible.

