



Dealing with children's anger

Time _____ to _____ (10 mins)

Equipment needed

- PowerPoint slides 3.3a to 3.4



Slide 3.3a



Slide 3.3b



Slide 3.4



Talk about

Having looked at ways of managing our own anger, today and in the last session, we'll focus on how we can help our children deal with their anger without losing their temper.

The best way to do this is by example. This isn't easy, especially if we did not have good role models in our own parents (perhaps they were silent seethers or openly aggressive).

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.

Parents can't give their children everything they want, and our children may feel angry when we have to say no or when we discipline them. If children respond angrily to parental authority, the only appropriate response is to firmly and calmly stand your ground. This isn't easy.

If we allow our children to use anger, intimidation, threats or acts of revenge to get their own way, they will use those tactics more and more.

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.