

HOW TO HELP YOUR CHILD MANAGE THEIR ANGER

- When expressing anger, make "I" statements such as "I felt angry today when I found your toys on the floor." "I" statements teach ownership of emotions. Children learn more from what they observe than from what is said.
- Reassure your child that it is okay to feel angry, but that there are better ways to deal with anger than being physical/aggressive. Encourage your child to express themselves by drawing, scribbling on paper, or building something with blocks (helps them focus on something other than the anger). For a physical release, try biking or kicking a ball. Try to avoid any violent release of energy such as punching things.
- Encourage your child to be the one who solves their own problem. Say something like, "what can you do to solve your problem?" You can offer suggestions and encourage them to ask other adults you trust for ideas. This will teach your child competency and responsibility.
- Set a good example by expressing your own anger about your child's behaviour in a safe and responsible way (be a good model). Don't attack your child as a person when they misbehave (example: "you are a bad boy/girl"). Instead, focus on the behaviour that is not acceptable. If you provide discipline using anger and hurtful words, your child will also learn these methods of handling anger. Deal with your child's anger as calmly as you can.