



# HOW TO HANDLE ANGER

Anger is a behavior that every child exhibits at one time or another. Here are some suggestions on how to deal with the angry child.

People show anger when they are afraid, guilty, jealous, tired, embarrassed or frustrated. Anger is a normal emotion. It is the way anger is demonstrated that may be unacceptable or inappropriate. Some anger can be avoided by meeting a child's basic needs such as sleep, food, comfort, and safety.

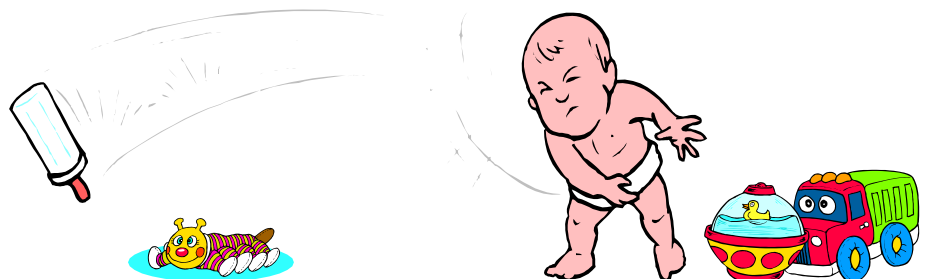
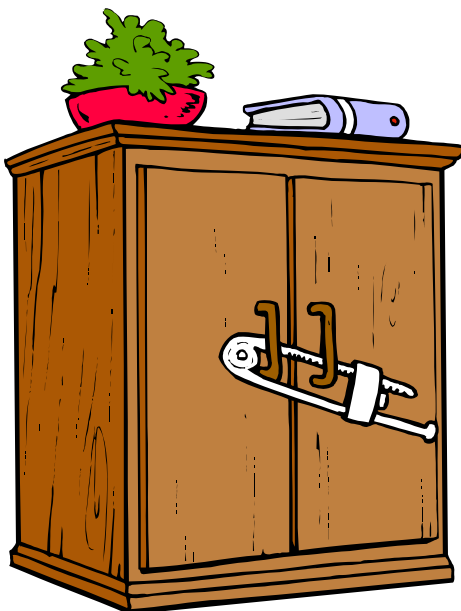
*You can teach a child to handle anger by being a good role model. Handle the child's anger calmly.*

Many children show anger every day. Some anger can be positive, such as

anger that spurs you to fight for a cause or right a social injustice. An important role as a parent/caregiver is to help children express their anger in an acceptable way.

You can teach a child to handle anger by being a good role model. Handle the child's anger calmly. Tell the child what you do when you are angry and what things make you angry – some people talk it out; some need to be alone; some take a walk; some draw or write.

Children need to be firmly shown that they have gone too far when their anger hurts others or property around them.



## Suggestions on how to handle anger:

1. Introduce anger diffusing activities such as water play, sand play and play dough. These activities calm children and allow them to vent their frustrations in an acceptable manner.
2. Try not to lose your temper yourself. If it is not okay for children to lose their tempers, why is it okay for you to lose yours?
3. If you lose your temper, take time to explain that to the child. Apologize and explain that adults get angry and lose their tempers, too, and that you will try not to let it happen again. Reassure children it is not their fault you lost your temper. While a child's actions may have made you angry, it is not an excuse to respond inappropriately.
4. Remind children of the rules. Make sure they know that they can show anger by talking to you but not by hurting themselves or others or by destroying property.
5. Try to talk out children's angry feelings. Make sure children know you respect their feelings and want to help them.
6. When children display their temper in a harmful way, such as hitting or breaking toys, calmly and firmly explain to them they have gone too far. Suggest they take a break from the situation by moving to another activity, room, or going outside, or inside. Help the angry child find another activity or acceptable change of environment.
7. Tell the child what you do to help the situation when you are angry. This shows the child that it is OK to be angry, but not to act in a harmful way on that anger.