

WHAT TO DO WHEN YOUR CHILD IS ANGRY



Anger is an emotion all children experience. Sometimes anger can lead to difficult behaviors. Here are some ways you can help your child understand and manage their anger.

- Help your child understand that **anger is a normal emotion** and that you will teach them which behaviors are acceptable when they're angry.
- Encourage them to think about and discuss with you **why they are angry**.
- Help your child recognize the **physical signs of anger**, such as tears, stomach aches, or a pounding heart.
- **Acknowledge their feelings** and offer positive ways to help them deal with their anger.
- Teach your child **ways to calm him/herself down**, such as deep breathing, squeezing a toy, or engaging in physical activity.
- **Make a scrapbook** with your child of pictures that represent different emotions such as *surprised, lonely, frustrated, worried, or confused*. Try not to put too much focus on anger itself.