

TEMPER TEMPER!

5 WAYS TO MANAGE ANGER...

1

Choose your words carefully!

No one likes being told to “calm down” or “relax” when they’re angry and kids are no different!

When we’re angry the prefrontal cortex, the part of your brain responsible for logic and reason, more or less shuts down. What this means is we can’t expect our children to understand our logical reasons for doing something that may have made them angry. Try and use as few a words as you can and say things like:

“I can see how angry you are and I'm here for you”
“It’s ok to be angry”
“I love you”
“I understand how you’re feeling”

2

Are you really angry?

Ask yourself if you’re really angry? It might sound strange but behind anger almost always lies hurt or shame. With our children, we need to process this idea and give it back to them in a more digestible form. We can say things like “I can see you feel angry right now but I wonder if actually you’re upset that we have to leave pool/party now because you’re having so much fun!”

Then we can try and connect with their logical brains and suggest things like “If we leave now, then I’m sure we can come back again soon!”

4

Anger Thermometer.

Download our Helping Families Thermometer. Find a calm moment to discuss what happens when your little one is at different stages of the thermometer. When we’re excited we might jump up and down, when we’re sad we sometimes want to be alone or need a cuddle and when we’re angry we feel like we’re going to explode!

This is all to help pave the way for your child to understand their signs of anger. We don’t want to wait until we’re at a 10 out of 10 but instead, we want to learn that as we get towards a 7 we implement one of our anger management strategies.

3

Throw your troubles away!

Throw or squash something safe like paper or playdough, rip paper or pop bubble wrap!

Balls of paper are great, even better, try writing down all of your angry thoughts in big angry letter then scrunch them up into a ball and throw them at the walls!

5

Create a calm box or calm corner.

Sometimes the best thing to do is remove yourself from the situation, and children need to know that they have a space that is theirs to retreat to and be left alone. As a parent, you need to know that they’re safe!

Find a corner in their bedroom or any room that makes sense and create a calm spot. A small pop-up tent is ideal but if you don’t have that, try hanging a sheet or curtain from a hook or simply just getting a really soft rug that is their calm down zone.

Try and fill this space with things that are safe to throw and punch as well as some calming sensory toys like Thinking Putty, Playdough, soft silky fabric and soft toys.

