

So, how do we teach it?

First we have to look at our own responses to anger. We will all have different ways of managing anger. Some may withdraw and hold the anger inside, some may shout, kick stuff, swear or storm off.

By looking at our response to anger it will allow us to see what we have been offering as an example of managing anger. If our example isn't ideal we will need to find different ways to manage our own anger. Labelling our own emotions when we feel them will help our children learn about emotions.

Warning signs

In order to better manage an angry outburst we need our children to recognise the "warning signs" of their anger building. Parents can offer suggestions here too "It looks like your frustration is building, shall we take a few minutes and come back to it?"

Decider Skills

These are used in schools and are great tools or children to use when struggling to manage their emotions. Speak to your child's school to understand these skills in more detail.



Calm down time. Set up a safe space for your child to calm down. This is a place for them to learn emotional intelligence. This could have a glitter jar, squishy toys, mindful colouring or other resources that might help them calm down. Remember, children need our love the most when they "deserve it least." A time out is different to calm down time. Time out is a punishment to try and modify a behaviour. Try and use of a calm down area with follow up conversations(when calm) around why the behaviour wasn't appropriate, and supporting the child to problem solve to prevent repeat behaviours.

Other things to consider:

- Why not come up with a set of house rules as a family. Focus on 3-5 areas (e.g. Using polite language, having kind hands etc.) Please get in contact for a leaflet about this.
- Having a predictable day can minimise frustrations. Design a routine and stick to it where possible.
- Praise the behaviour you want to see. This will give attention to the positive behaviours, which the child will likely repeat to gain that attention again.
- Consider regular quality time with your child with no distractions.
- Give closed choices (e.g. Do you want the red shirt or the blue shirt?)

Managing Anger- A guide for parents.



Inclusion Service– Outreach Team



'The Amazing Everyday'

What is anger?

Anger is an emotion that we all experience. It is often a response to a perceived threat, embarrassment or that feeling that something isn't fair. It has the label of being a negative emotion but it is important that we let our children experience anger.

The Anger Rules:

You are allowed to feel angry but do not hurt yourself, other people or stuff.

Anger vs. Frustration?

These 2 emotions can look and feel very similar. Frustration often comes when obstacles are in the way of us reaching our goals. Repeated frustration can lead to anger. It is important we teach our children the difference.

Behaviour as communication:

Behaviour is a form of communication. Anger is often communicated by lashing out, hurting others (physically or emotionally) and can be really difficult to manage as a parent.

We need to allow our children to communicate their anger in a different way, but these skill needs to be taught when the child is calm.

The Brain:

When children feel angry their emotional brain takes over. They will not be able to think clearly. Their body is flooded with chemicals such as Adrenaline and Cortisol which prepare their body to take action. This is the fight/flight/freeze response. You may notice their breathing quicken, their fists lashing out. This is the fight response. We need to work with them to take charge of their brain again.



Responding to an angry outburst

Safety first– it is important that everyone is kept safe. If you have other children maybe they could have a safe place to go pre-agreed.

Stay calm and in control of your own emotions.

Try **not to give attention** to the negative behaviour. This may not be possible, depending on the severity of the behaviour that you are seeing– safety first.

If they are shouting at you, **try whispering** to them– this may encourage them to lower their voice.

Don't give in to their request. This will only serve to justify their behaviour and encourage them to repeat it.

Name it to tame it: One way to get the thinking brain working is to get the child to name the emotion they are feeling. If they are unable to do this you could offer it up as a suggestion "It looks like you might be feeling a bit angry? I am here to help".

You could also agree some other **strategies to help regulate** the child.

(counting back from 100, breathing techniques, going into the garden and screaming, running on the spot, pushing against the wall.) These will all serve to reduce the adrenaline and cortisol in the body, resulting in a calmer child.

Avoid triggers– often the word NO is a trigger– switch to using different language (e.g. "may i think about that? Do you have another idea?") The answer is still no, but without using that trigger word.

A **cuddle can calm**. This isn't always the case and will depend on your child.

After an emotional hijack it can take up to an hour to return to a "normal state". Ensure your child is calm before trying to discuss the event with them.