

# ALL ABOUT ANGER MANAGEMENT

## Tips For Parents & Caregivers

- Manage your own anger.
  - This keeps your child from feeding off of your emotions and becoming more upset.
  - It is also a great way to model healthy anger management strategies.
- Consider what your child is trying to communicate.
  - Ask yourself what might be going on behind the anger.
- Come up with a coping skills plan.
  - Work with your child to create a poster or visual aid to display in your home.
- Set up a calming space in your home.
- Praise your child for calming down.

## What To Say

- "I see you're feeling angry."
- "Let's work through this together. How can I help you?"
- "Let's try taking deep breaths together."
- "Let's try again."

## What Not To Say

- "Calm down."
- "Stop crying."
- "Stop being a baby."
- "I don't know why you're acting like this."
- "Go away."

## Helpful Calming Strategies For Kids

- Practice deep breathing
- Walk away from the situation
- Think happy thoughts
- Count backwards from 10
- Squeeze play-doh
- Get a drink
- Journal or draw
- Listen to music
- Talk to someone about it
- Stretch
- Go somewhere quiet
- Use positive self-talk
- Rip paper into a trash can
- Punch a pillow

