

ANGER

Helping children deal with the anger they feel



Young children get angry. They may get red-faced, scream, cry, stomp, hit, kick, and even break things when they do. Everyone gets angry once in awhile. It's a natural and normal experience. Young children often express their anger with actions or crying or screaming because it may be hard for them to put their feelings into words.

Some professionals feel it is good to express anger, rather than keep it bottled inside.

But children need to learn how to handle the anger they feel the right way. They must be taught self-control and how to express anger without being hostile or violent.

The ways children learn how and when to express anger are through trial and error, by observing adults and other children, and by imitating what they see. The stakes are high. Children who fail to learn how to manage anger may pay a high price later, experiencing poor mental and physical health, damaged careers, and flawed relationships. Remember, getting angry is part of healthy development. For 3-4-year-olds, being able to direct anger toward something that frustrates them may be a sign of healthy development. They become motivated to master frustrating tasks and situations. Expressing anger can also be a sign of self-respect. The child is showing a desire to stick up for himself or herself.

The mission of Centers for Youth & Families is to provide specialized prevention, intervention, and treatment services that promote emotional and social wellness for children and families of Arkansas.

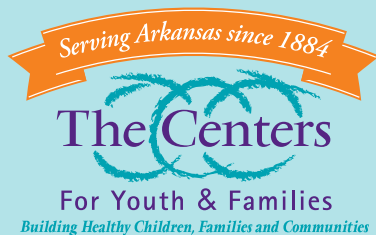
A Go-To Resource for ALL Parents.

Whether you are a new parent, single parent, experienced Mom or Dad facing some new issues, married parents, grandparents or a soon-to-be parents with lots of questions, The Parent Resource Center is the only place you need to visit.

Parent Education Classes are offered year-round on a variety of parenting topics. All courses are focused on enhancing parenting practices and behaviors, such as developing and practicing positive discipline techniques, learning age-appropriate child development skills and milestones, promoting positive play and interaction between parents and children, and locating and accessing community services and supports.

Parent Educators are available to answer your parenting questions and provide guidance. We also provide an array of parenting information at your fingertips cfyfparentresources.org

Follow us on Facebook and Twitter for daily parenting tips and visit our Pinterest boards for a variety of parenting and wellness tips. [@TheCentersAR](https://www.instagram.com/TheCentersAR)



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cfyfparentresources.org

When your child is angry, get him or her to talk about it

Children who can say, "I'm really mad!" have learned a good way to get their feelings out.

Sometimes, you can get your child to calm down by having him or her talk about why they are angry. Try saying, "I know you are angry. Why don't you tell me why in your best calm voice."

Everyday rules help children learn self-control

Children need to learn there are acceptable and unacceptable ways to express anger. Make some rules to help them learn.

The rules should be simple and clear. For example:

"You hit, you sit."

"Use your words, don't hit."

"It's okay to be angry, but it's not okay to hurt."

Show that your child can get your attention without getting angry.

After an angry outburst has passed, try playing with your child or engaging him or her in some quiet activity.

Doing so shows children that they don't need to act up to get their parent's attention. It also tells them that their parents love them even if they get angry.

Don't get angry when your child has an angry outburst.

**Be a good role model yourself
Are you an angry parent?**

Many of us are. In the average American home, anger is expressed 2-3 times more often than affection.

You must set a good example for your child to imitate.

Avoid destructive outbursts of anger that you would not accept from your child.

Show your child that you accept your own anger as a normal experience. For example, after you quarrel with your spouse, make a point to show that there is still love and affection between the two of you.

Show that you are able to keep anger from dominating your relationships.

Settle your child down when anger is getting out of control

Suggest that your child count to ten, or take a nap, or draw a picture about what is making him or her angry. Do whatever you can to help your child cool off.

Tell children you love them, even when they are angry

Being angry at someone does not mean you do not love them or that they will stop loving you. Make sure your child understands that.

References: You and Your Child, University of Pittsburgh Office of Child Development