

Anger Management Resources

Tips for dealing with your child's anger

- Praise when your child's behavior is good
- Stay calm
- Say "no" clearly and firmly as needed
- Provide physical outlets and exercise
- Take interest in your child's activities, and bond with your child
- Show affection
- Use sense of humor to diffuse a situation
- Model appropriate behavior
- Teach children to express themselves verbally
- Acknowledge and accept what your child is feeling and redirect any angry actions
- Establish clear standards for acceptable and unacceptable behavior.
- Use clear and consistent consequences to limit aggressive behaviors
- Teach your child problem-solving skills
- Teach your child relaxation methods
- Teach your child to recognize anger cues/triggers

Websites for Parents

1. <http://www.angriesout.com/>
2. [http://www.ahaparenting.com/parenting-tools/raise-great-kids/emotionally-intelligent child/angry-child](http://www.ahaparenting.com/parenting-tools/raise-great-kids/emotionally-intelligent-child/angry-child)
3. <http://www.kidsmatter.edu.au/families/about-behaviour/anger>
4. <http://www.parents.com/toddlers-preschoolers/discipline/anger-management/helping-kids-handle-anger/>
5. http://childdevelopmentinfo.com/how-to-be-a-parent/angry_child

At-Home Anger Management Activities

1. <https://parentswithconfidence.com/anger-management-activities-kids/>
2. <https://veryspecialtales.com/17-anger-management-activities-for-kids/>