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10 Methods To Teach Your Child Anger Management



Parenting Tips: 10 Anger Management Tips To Help Your Kids Calm Down

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Children are more likely than adults to lose their temper regularly. The anger may stem from frustration, loneliness, fear, sadness, or a sense of being threatened. Even though anger is not inherently harmful, examining how your child handles this strong emotion is essential. Some indications for concern are frequent anger over the slightest matter, Outbursts of rage that result in the loss of self-control, Cannot express emotions adequately, reckless behaviour, being Unaffected by how their anger harms the feelings of others, they make threatening statements, making drawings or writings that depict aggression or violence, have to be reminded to maintain emotional control, etc. Understanding the source of your child's anger is the first step in assisting them with anger management. The simple solution is to punish your child by yelling and venting your anger at them or by removing privileges such as television viewing or playtime. But the most effective strategies are those that teach your child to deal with anger independently.

Dr Malini Saba, psychologist and founder and chairman of the Anannke Foundation, outlines ten methods for teaching your child anger management:

- **Express and encourage empathy:** When your child is angry, you should encourage them to discuss their feelings. This demonstrates that you are responding to their needs rather than simply reacting. The child is more likely to calm down upon seeing you lend an attentive ear. They recognise that you allow them to express their emotions without immediately condemning them. Do communicate to your child how the outburst affects you. You could say that, as a parent, you felt helpless because of your child's behaviour. Alternatively, you could inform them that you are exhausted and need rest, requesting that they find something else to do subtly.
- **Improve communication:** When children become angry, they frequently throw tantrums, shout, or hit because they are unaware that anger can also be expressed verbally. Helping children cope with anger can be facilitated by teaching them a 'feeling vocabulary, consisting of a list of words to express their emotions. Words such as angry, frightened, furious, and irritated, as well as phrases such as "I am so angry right now!" and "He is annoying me," are a few examples to help them express their feelings.
- **Take a break:** Please **wait for your child to complete their rant** before sending them away. Nonetheless, if the child is aggressive or violent, you must first stop the behaviour. You can achieve this by requesting their silence until their anger subsides. Teaching them to practise deep breathing, visualise a relaxing scene, or recite a calming word or phrase, such as "Take it easy," or counting from one to ten when angry, will help them to calm down.
- **Determine a Safe Place:** Please communicate with your child when they are in a good mood, and designate a safe spot to go when they become angry. For instance, a child's bedroom, porch, or backyard may be a secure place to express their emotions without embarrassment or disturbance by siblings who may become the target of their outrage. To avoid negative connotations, give the area a light-hearted name, such as "parking lot" or "hideaway."
- **Prevent and Touch:** The situation becomes challenging once the child loses control. First, identify the signs that your child is about to throw a tantrum and then take measures to prevent it. You can accomplish this by distracting your child with an activity or simply cuddling them, hugging them or having them hold your hand. Touch has a calming effect on many children and can instantly defuse a volatile situation.
- **Set a few anger rules:** Teach your child that expressing feelings and emotions, including anger, is acceptable but that anger should not take physical forms like hitting or kicking. Inform them that yelling, calling names, and being mean is unacceptable and that calmly discussing the issue is a superior alternative. Without exception, enforce these rules of conduct whenever your child is **angry to achieve the desired results**.
- **Create a daily routine:** Create a daily routine for your child to help them manage their emotions more effectively. Ensure that they engage in approximately 30 minutes of daily physical activity, such as a sport or a hobby, to expend the excess energy that can fuel anger. Spend about 15 minutes with a child in a one-on-one setting, engaging in simple conversation and fostering a sense of trust.
- **Switching Anger:** When anger is provoked, your child experiences a surge of adrenaline, **which gives them more energy and a louder voice**. These situations can result in aggression or violence if the adrenaline is not channelled into something less dangerous. So, you could have your child strike a punching bag or yell into a pillow until the urge to act angrily subsides.
- **Modify your behaviour. If you tend to yell:** Your children will mimic how you express your anger. Develop self-control by refraining from shouting at your children, regardless of the provocation. You will demonstrate that it is possible to **control and deal with anger** without becoming agitated if you maintain composure and adopt a level tone.
- **Discover the triggers:** Observe your child to identify the situation or circumstance that caused the outburst. There may be a variety of triggers, but over time a pattern will emerge. If the triggers cannot be avoided, helping your child comprehend why a reaction occurs can help calm them.

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