

Helping Your Child Deal With Anger



Develop An Awareness Of Early Warning Signs

Tensed Body

Slurred Speech

Impatience

Deep Breaths

Growling

Facial Expressions

Sulking

Tightened Teeth



Ask your child to divert his mind, whenever he notices such symptoms.

#1

Don't Rationale With An Angry Child

Arguing or yelling at an enraged child is never a good decision. You must take a step back and try to handle the situation with patience. Give the child an opportunity to speak and explain the reason of his anger. You must then ask him to calm down and contemplate the reason of his behavior. If required, give him some time alone.

#2

Don't Give Harsh Punishments

When your child is affected by high adrenaline rush, he is not in state to understand the difference between right and wrong. Giving him punishment may stop him from being angry at that instance, but will not resolve the overall issue. It is therefore important, that you calm down and try to manipulate the child with love and emotions. This will help him comprehend the situation and understand why his behavior was inappropriate.

#3

Don't Get Physical With Your Child

By getting physical with a child you are teaching him to solve problems with anger. Therefore, it is imperative that you keep your cool while the child is angry. This will portray you as a person who does not loses his/her calm even in the extreme situations and you'll become a role model for your child. He will try to act like you, when trapped in such circumstance and overcome his anger.

#4

Enroll Your Child In After-School Activities

To help the child cope up with anger, it is important to keep his mind diverted from the situations that arouse this feeling in him. For this, enrolling your child in after-school activities can be the best option. These activities help the child to learn new things, make more friends and stay engaged in activities they love.

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