

*A short E-book*

*on*

*Anger in Children*

*and*

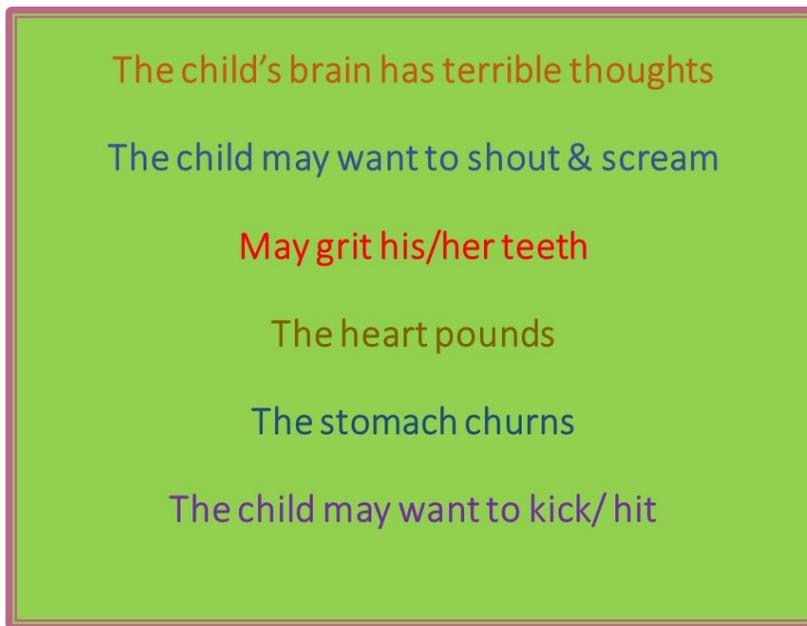
*steps you can take*

*to help them*

*overcome it.*

Anger is a normal and useful emotion. Everyone gets angry. It's just that some people deal with anger much better than others. It important that we teach children how to keep their anger emotion under control so that the child's behaviour does not get out of control or aggressive because of anger.

**Some examples of things that happen to a child's body & mind when they get angry**



The child's brain has terrible thoughts  
The child may want to shout & scream  
May grit his/her teeth  
The heart pounds  
The stomach churns  
The child may want to kick/ hit

Anger can stay with you for a very long time. This may be hard to believe but some adults you speak to are still angry about stuff that happened when they were children.

Helping your child learn to deal with anger healthily has many benefits. In the short term, it stops anger from causing your child and your family distress. In the longer term, it helps them learn to solve problems and learn to cope with their emotions.

## **How to identify warning signs of anger.**

Children may not be able to identify anger. Most times they act out before they even realize what happened. Recognising and being able to identify early warning signs helps a child creates awareness of their feelings, which gives them an opportunity to control their responses to these feelings.

Some of the common indications in children which signpost that they are becoming angry and may be about to lose control are

- tensed body
- clenched teeth
- Hands start to shake
- increased intensity of speech or behaviour
- unkind words or the tone of voice changes to whining or yelling
- restlessness, withdrawal, unresponsiveness, or being easily provoked
- noises with the mouth like growls or deep breathing
- change in facial expressions
- They might feel that that their head will explode
- Get a knotty feeling in the stomach

It is beneficial for you as a parent to also learn to recognize the signs that your child may be beginning to feel frustrated. Look for signs that come before they start getting themselves into a state of anger. Once you can recognise the signs you can then start to make your child aware and recognise the signs and teach him/her to recognize these signs. Over time the child should be able to see his/her own frustration and anger and choose appropriate responses before it's too late.

## **What are the difference faces of Anger?**

1. Behavioural anger is expressed in physical behaviours towards people or destruction of property. Aggressive behaviours include things like hitting, punching, tripping, kicking, blocking, pushing or holding someone down. However, they can have frightening, harmful and have bad consequences.
2. Verbal abuse includes temper tantrums, verbal rage reactions, bullying and intimidation. These are much more common.

3. Judgmental anger consists of criticizing others at the expense of the person who is being made fun of. The goal may be to make one self-feel better, or to control or damage others.
4. Resentment is anger on a low boil. It can lead to blaming, loathing, ill-will and chronic hostility. Chronic resentment primes the way for passive aggressive behaviour, acting-out, and rage reactions. It also consumes one's psyche and damages health.



5. Reactive anger is a very common anger dynamic, especially in families and other close relationships. Retaliatory or payback anger is an angry reaction or response towards a person who is perceived as directing something hurtful towards one self. To feel better, we must "get even." Retaliatory anger may be automatic and or intentional. In either case, it tends to lead to a reciprocal payback cycle that keeps the problem going.

6. Rage Anger is the full, uncontrolled, physical and psychological expression of the classic fight-or-flight response. Rage anger is extreme but not common for most people. It hijacks the mind and body.
7. Rampage anger is a rare, extreme case of rage anger. Mini rages are less severe but happen more often, especially in intimate and family relationships.
8. Manipulative or instrumental anger is the intentional use of angry feelings or aggression to get one's way or to control a person or situation.

Do not be too alarmed if you experience one or more of the above types of anger behaviours. Anger problems are a matter of their degree, duration, and consequences. In any case, it is much easier to address a current or potential anger issue when we can identify and describe it clearly.

## **What can you as a Parent do to tame that Anger?**

### **1. Things your kids might feel angry about**

-  Being told to do something they don't want to do.
-  Getting bossed around
-  Getting criticized
-  Not being allowed to do something they want to do
-  Not being included by their friends or family in an activity or game
-  Getting teased
-  Not getting enough attention
-  Someone making rude remarks
-  Someone taking or breaking their things

### **2. Teach your child some of the different words they can use to express their anger**

Anger is a tricky emotion. It is sometimes a cover up for

-  Shame
-  Fear
-  Jealousy
-  Guilt
-  Frustration

Some words that can help your child express anger could be



Ask them that next time they get angry they should stop and think about what is going on. Why am I getting angry? What has happened that is making me annoyed? What else did I feel when I was angry?

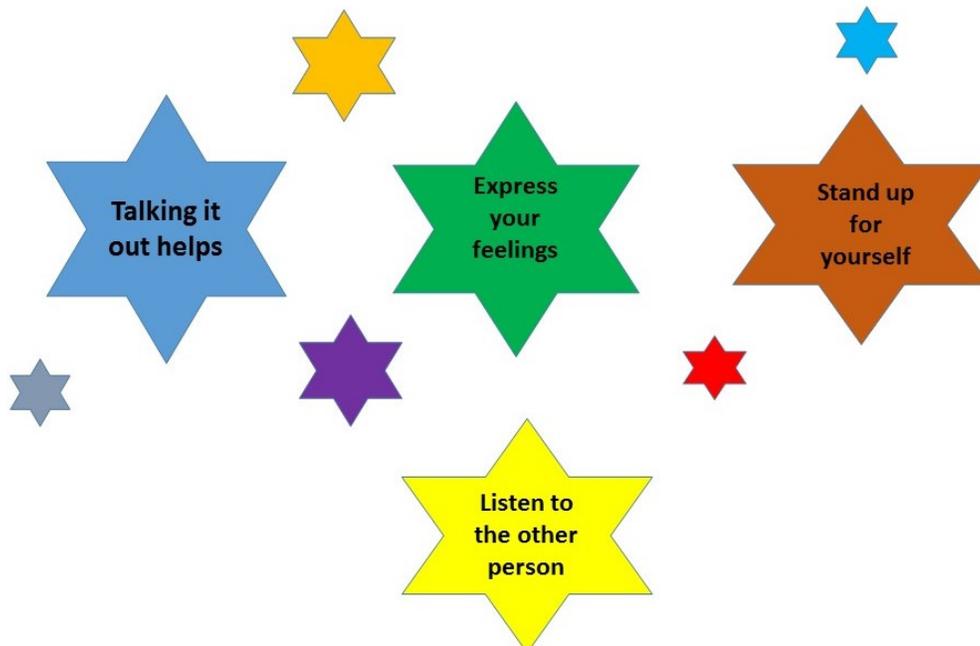
### 3. How to get your child to Cop with anger

Anger is a strong emotion. But tell your child that he/she is strong and that they must make a choice to handle this emotion. And that it takes a strong person to make the right choice. Tell them that they can do it.

You can tell them that if they start to feel annoyed, they can walk away from whoever and whatever is making them furious. Tell them that its ok to tell someone that if they are angry to say things like "I need to calm down" or "I need a few minutes to pull myself together". It might be an idea for them to get a drink of water, take a few deep breaths or anything that could divert their mind.

**4. Once the child has calmed down he/she needs to decide what to do**

Doing something is important because it means that they are taking action. However, make sure that it is a positive action and not a negative one.



I would like to add that make them think about a time in the past when they have been angry and regretted it. Maybe they flew off in a rage and felt bad afterward's. Tell them that angry behaviour does not solve problems. Most times it makes it worse.

**5. Ask them that they should talk to someone about it.**

You should get your child to recognise that they might want to speak to someone about it. Tell them to find someone they trust. It could be you, a teacher or even a therapist. Tel them that talking is one of the best way of solving problems. When talking to the person they need to be honest and truthful. Explain how they feel. Some children express their feelings through drawing, painting or some other form of art. Encourage them to do that. Tell them that it's ok.

## 6. Talk about ideas of resolving the problem

Once you know what the problem is and what is making them angry, talk about ideas of solving the issue. Implement it and see if it solves the problem.

### Things Parents should avoid doing when your child is angry.

1. Keep out of your Kids face- When your child is having an explosive anger attack or enraged response to something, do not get in his face. This is the worst thing you can do with a kid who's in the middle of a meltdown. By getting in there with your child, you will likely only to make their anger worse. We as parents often feel that we have to stand right there and handle the meltdown with our kids. But the best thing to do is possible leave them alone for a little while so that we give them the space to calm down.

2. Don't react out of emotion. When your child is angry, rather than reacting out of emotion, which will escalate things, do whatever you need to do to step out of the situation. Walk away, take some deep breaths, and try your best to stay objective and in control. Part of your job as parents is to model how to handle emotions appropriately. Children always tend to copy what their adults are doing.



3. It may be very tempting but don't try to reason with an angry child. Avoid trying to hold a rational conversation with your angry child; it's not going to work. If she's disappointed about something and you try to reason her out of it, it's probably only going to make things worse. You can say, "I can see that you're really upset, maybe we should take time to calm down before we talk."

4. Make sure that you don't jump to conclusions about your child's anger. Your child may not be wrong for feeling upset. There may be some justification for his anger, even if the behaviour is not justified.

If your child can't be respectful in explaining his viewpoint, then you'll need to give him/her some time to calm down. You can say, "I understand you feel angry; I'm sorry you feel that way." Once he/she has calmed down you need to make him/her aware of the fact that they need to have control over their emotions and that they themselves are responsible and accountable for the behaviour.

Understand that it's normal for kids to get angry. We all get angry. It's not anger that's the problem, it's the resulting behaviour.

5. Don't end up giving consequences or making threats in the heat of the moment. As said above, wait until everything has calmed down before you give consequences to your child. If you try to punish her when emotions are running high, chances are you will cause further problems. You might want to leave them alone for a while and come back later and say, "You were really angry. I was wondering if there was something that you could have done differently there" and may make them think about it. You can say something like "What could you do differently next time?"

## **Dairy Keeping**

By keeping a record of when your child is getting angry, and for what reasons, can help them and you understand the anger more comprehensively.

Keeping a journal can be a very powerful method of anger management; the act of writing down the emotions and feelings associated with anger before, during and after an angry episode can focus the mind.

## **Seeking Professional Help**

Sometimes it may be appropriate to use the services of a professional to help with anger issues.

Anger management therapy is best dealt with in one-to-one sessions. A professional will often help your child in recognising the problem and help the child take that very positive first step towards solving the anger issues.

Different professionals may use different techniques to help overcome anger issues.

I use Neuro-linguistic programming (NLP) techniques to solve issues that children come to see me with.



NLP stands for 'Neuro Linguistic Programming'. NLP looks at the way in which we think, store and process our thoughts (Neuro), the language patterns we use (Linguistic) and our behaviours (Programming) and how these interact to have a positive (or negative) effect on us as individuals.

### **Why NLP**

NLP has strategies and techniques that can help with almost everything. Whether you have things that are limiting your child, want them to be more confident, want to rid of anger, anxiety or phobias or even want that your child can communicate more effectively. NLP can help.

We will talk this through with you during your free 45-minute consultation and answer any questions you have.

NLP Techniques have proven to work. Not just in the short term, but lasting transformation, which will stay with your child for their entire life.

***Namita Bhatia***

***Achieve with NLP***

***[www.achieewithnlp.co.uk](http://www.achieewithnlp.co.uk)***

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