

Helping Young Children Deal with Their Anger

Parents and teachers are challenged by aggressive and angry behaviors displayed by children. Anger and frustration are natural emotions and children need guidance to help them deal with strong feelings. Understanding a few simple practices may help children understand and manage angry feelings in a non-aggressive way.

- Create a safe emotional climate: clear, firm and flexible boundaries
- Model Responsible Anger Management. Children have an impaired ability to understand emotion when adults show a lot of anger
- Help children develop self-regulatory skills
- Encourage children to label feelings of anger:
- Encourage children to talk about anger-arousing interactions
- Use books and stories about anger and other emotions
- Communicate!

Reference: Young Children's Understanding of Anger by Marian Marion.