

This booklet is part of a range of publications offered to parents to support them. Please do not hesitate to talk to a member of staff if you would like further guidance or support.



Booklets in this range:

1. Tips on good listening.
2. How to give children more confidence.
3. Helping children to get on with each other.
4. Tips to remember when you need to make a stand.
5. Tips to try when you are asking your child to do something.
6. How to deal with difficult situations.
7. Tips on dealing with anger.
8. Tips on dealing with dishonesty.
9. Tips on dealing with tantrums.
10. How to help children make better choices



Parent Survival Guides

No. 7

Tips on dealing with anger



Loving, learning, growing together with Jesus

1 Try to save being angry for the big things only.

Our anger can make silly, grumpy and whiney behaviours worse. Try to save it just for big things

2 Start with the word "I" rather than "You".



I'm angry about the mess in the bathroom, I want you to clean it up now

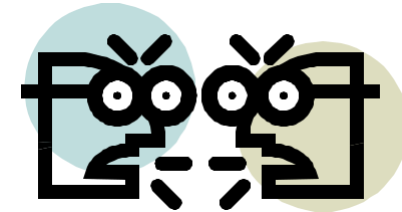
This way we avoid saying damaging things that we might regret

3 Try to only promise things that you will carry out.

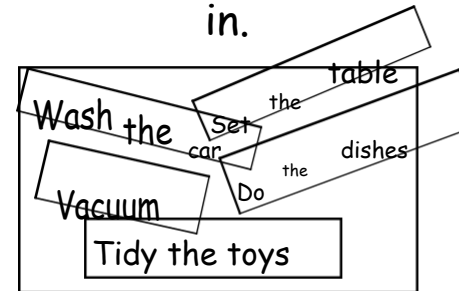
That includes treats and threats



4 When you and your child are angry say "Lets talk about it later" so that you can both think things through



5 If you have threatened something you regret, give the child a way out without them thinking you're giving in.



Try a "Lucky Escape Box" with lots of jobs written on pieces of paper. The child chooses their own punishment and you get the job done

6 Life is too short to hold grudges.

Show your child how to make up quickly after a row

