

RESTRICTED

Parent's Guide for Anger Management

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01

INTRODUCTION

Anger Management for Parents



INTRODUCTION

Anger is a normal human emotion. It is not anger that is bad, but **how it is expressed** that can be **unsafe**.

Anger can be **positive** - it can help us stand up for ourselves and what we believe in.

But anger can be **negative**— when we don't give ourselves time to calm down, we can say or do hurtful things.



Anger Management for Parents

Raising children can be stressful. It can make it easy for us to lose our temper.

Sometimes, our **child's anger or frustration** can also make us **feel angry**.

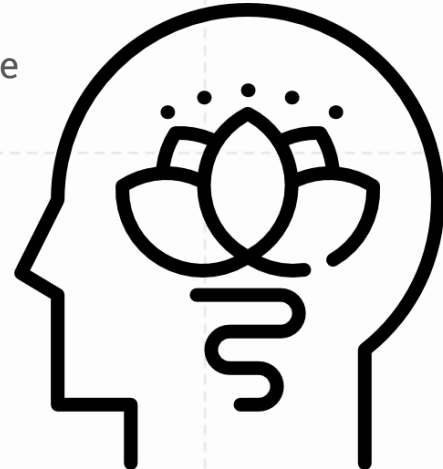
For example, if our child is rude to us, we might find ourselves getting angry and shouting back.



Anger Management for Parents

We can better support our children in managing their anger when we are calm too. This also sets a **positive example** for our children in managing their emotions.

The next slide shows some steps to try and calm down before responding to a frustrating situation.



Anger Management for Parents

STOP

1

Notice your body signs when you are getting angry. E.g. Your heart beating faster. Calm down first. Walk away. Take deep breaths. Count backwards from 10.

THINK

2

Reflect on what made you angry and why. Think about what to do next.

ACT

3

Respond to the situation or communicate how you feel.

REFLECT

4

Reflect on how you responded. Was it physically and emotionally safe? Could we have responded better to the situation? How can we respond better next time?

This guide will share some tips and strategies to try, when you act on the situation.



02

Emotional Coaching Phrases

Phrases you can say when your child is having an anger episode.

Emotional Coaching Phrases



- These phrases **label and acknowledge your child's feelings** and show support, but also **sets boundaries** on appropriate and non-appropriate behaviours.
- It teaches them that negative emotions are normal and can be managed.
- It can also make them feel heard and calm down. Before you problem solve with them.

Emotional Coaching Phrases

1. **“It’s okay to feel how you feel – it’s good to let it out. But it is not okay to _____ (e.g. hit someone). Let’s do _____ instead (suggest an alternative coping method which is safe for your child to try). ”**

- *“It looks like you are angry. Your face is turning red and your fist is clenching up (be specific in labelling how your child’s body is signalling that he is angry). It’s okay to be angry. It’s normal to feel frustrated when you don’t get what you want and it’s good to let it out instead of keeping it all inside. But, it is not okay to hit yourself or others. Let’s try blowing bubbles instead!”*

Emotional Coaching Phrases

2. "I hear you – I'm here for you – I'll stay with you. Let's take a breath, take a break, sit down, pause for a minute"

- *"I understand that you are upset, let's sit here for a moment. I'm here with you, I'll stay with you. Let us try to take slow deep breaths and pause for awhile."*

3. "I'll be over here when you need me."

- *"I can see you are really angry about this, it's okay to be angry. But nothing I am saying seems to be helping. You can calm down first and I'll be here when you need me."*
- *Sometimes your child just needs some space on their own. Acknowledge your child's emotions and give them space to calm down before coming back to the situation.*

Emotional Coaching Phrases

4. "How you feel right now won't last forever. It's okay to feel how you are feeling. It will pass and you will feel better again soon."

- *When your child has big emotions like anger, they feel (and act) like their entire world is ending.*
- *Use this to gently remind them that their emotions will pass eventually. Remember, it is still important to acknowledge how they are feeling instead of simply dismissing it.*

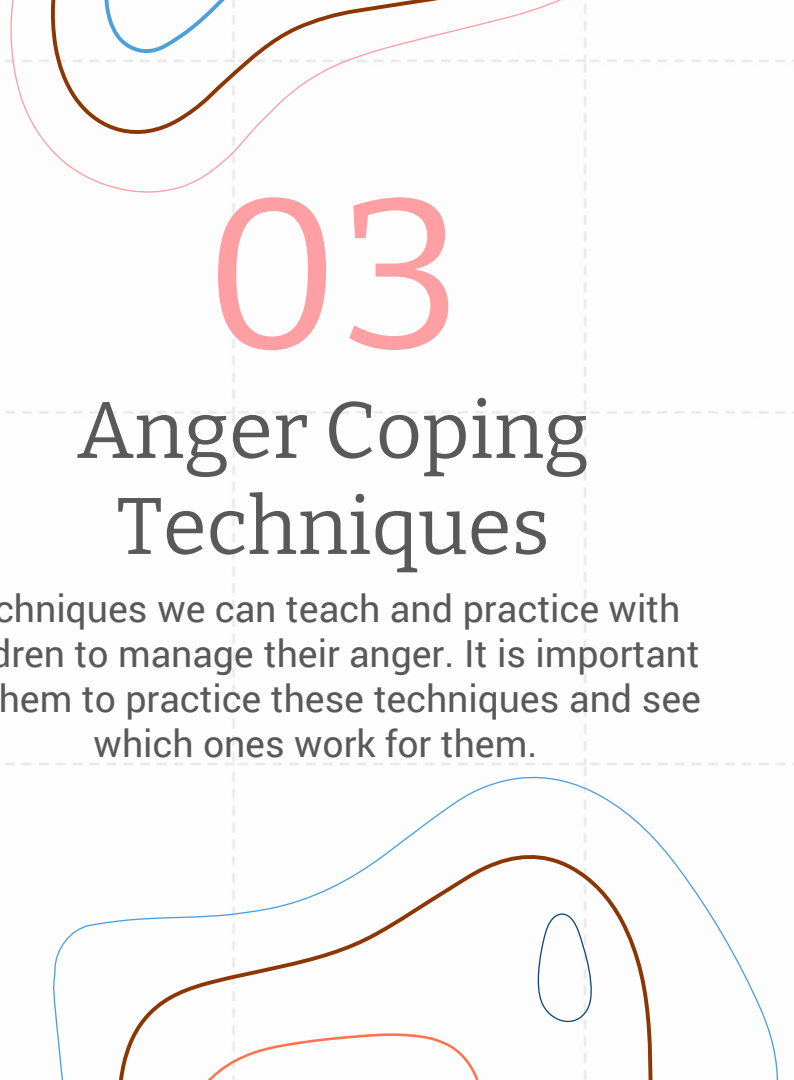
5. "You are good and kind."

- *"You were angry and I know you didn't mean those unkind words. Sometimes we say things we don't mean when we are angry but that is not okay. You are a kind boy. What do you think will make your brother feel better?"*
- *Your child might make mistakes but it is not who they are.*

03

Anger Coping Techniques

Techniques we can teach and practice with children to manage their anger. It is important for them to practice these techniques and see which ones work for them.



1. Deep Breathing

*A simple exercise we can do anytime and anywhere.
When we are angry, our breaths often become heavier and faster. Deep breathing allows us to slow down our breaths, calming us down.*

Take a pause, walk away, or sit down. Then, practice this.



1. Take a deep breath in through your nose, while counting to 5.
2. Hold your breath for about 3 seconds.
3. Breathe out through your mouth, while counting to 5.
4. Repeat Step 1-3 until you feel calm.

2. Grounding Exercises

These are activities we can do to interrupt our negative thoughts.

Here are 3 simple ones you can try!

- Think/imagine a place or object or anything that makes you happy.
- Squeeze a stress ball or soft toy or pillow.
- 5, 4, 3, 2, 1 Technique (Pictured on the Right)



3. Talk to a Trusted Adult

Talk it out.



- Encourage your child to talk to an adult that makes them feel comfortable
- An adult who will listen to and is able to give the child sensible advice
- These adults can be from home, extended family, in school, or someone in the community your child has contact with.

4. Leisure Activities

Distract yourself with activities you like to do.

- Play with a toy, do art and craft, write, read a book, play a sport.
- Encourage your child to do an activity they enjoy to distract themselves from their anger.



04

PROBLEM SOLVING SKILLS

These are skills to teach children when they are faced with a problem situation.

These can be used by both parents and children.



1. "I" Statement

*Use this to communicate how we feel to our children.
Teach and encourage children to use this when angry.*



*I feel upset, **When/Because** you shout at me.
What I need is for you to tell me nicely.*

*I feel angry, **When/Because** you keep telling me
what to do. **What I need is** for you to just tell me
once.*

- This is a way we use to explain how we feel and think to others in a firm way, without blaming.
- This helps others understand us better, be more willing to listen, so we can work together to solve problems.

2. S.T.A.R

Practice this with children. Parents can also do this on their own.

S

STOP

Calm down first, don't react.

T

THINK

Think of at least 2 ways to manage the situation, and how they might affect the feelings of yourself and others.

A

ACT

Pick one solution that is most suitable to use.

R

REFLECT

Ask children/ourselves:

- *What is the outcome of the situation?*
 - *Did it work?*
- *How could we redo it better?*
- *What did we learn from this?*



“When you can’t control what’s happening, challenge yourself to control the way you respond to what’s happening. That’s where your power is.”

– Anonymous



CONTACT US

Please don't hesitate to contact us should you need any further assistance or support.

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References

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