

# 5 STEPS To Help Your Child When They Get Angry



## 1. Provide a gentle ear.

Provide a gentle ear and listen to their reasons for being angry. Avoid all temptation to pass judgement, and pass no judgement. Repeat back the problem, without being harsh or judgemental on the person.

Examples:

“so you are feeling frustrated because he - hit/pushed/bit/kicked/scratched - you”

“so you feel a bit - silly/dumb/not as good as her - because she - laughs at you/calls you names”

“so you feel angry because he - took your favourite pencil/didn't let you have a turn/moved your shoes/hid your scooter”

## 2. Be hard on the problem.

Be hard on the problem, agree with their feeling of being mad, dumb, inadequate or angry.

## 3. Provide Alternatives:

Provide alternatives that you do instead of hurting someone back when you are mad, feeling inadequate or are angry.

Alternative:

Use WORDS to let out your frustration/anger/pain.

They push/hurt/hit you / *'stop it! that hurts'*

They laugh at you / *'stop it, that makes me feel stupid. I'm not stupid'*

They don't share / *'that's not fair, it's my turn'*

Alternative:

Take a **BIG LONG** breathe, feeling the air enter and fill the body, then count to 3, and let the breathe out.

Alternative:

If there is danger. Immediately block/defend/move away/or protect someone.

#### 4. Re-state your family rules.

This is the time to re-state your family rules.

'We don't hurt ourselves'

'We don't hurt someone else'

'We don't hurt living creatures'

'We don't damage things'

#### 5. Sorry.

If your child has hurt someone, they will need to say sorry. This is great chance to extend being sorry to expressing how they felt ... 'that hurt me/that made me feel stupid/I didn't think it was fair.'

NOTE: Be consistent with your approach, as a parent maintain excellent role model behaviour oneself and if that means stepping away for a big deep breathe, then do that first before acting out toward any one.

Academy of Self Defence and Martial Arts Established in 1995



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