

HOW TO REALLY LOVE YOUR ANGRY CHILD?



ANGER MANAGEMENT

- What can a parent Do?
- Anger is a natural response within all of us, young children.
- The most difficult part of parenting.



HANDLING ANGER

- Wrong responses- Suppress Anger; Keep All Inside
- Destructive ways in life
- Never learn to handle anger maturely.



1. DO NOT OPPRESS OR SUPPRESS ANGRY CHILDREN

- Our children do not need to listen to parents' all the words with no questions.
- Example- “Greet!” (the seniors or unknown friends of parents)
- Question- “Why?” ask why is an important to develop critical thinking/ creativity in handling problems



2. CONSISTENT COMMUNICATION

- Children listens to parent's voice from the womb.
- Two way communication- must come out like steam in a kettle
- Punishment is not a tool.
- No dumping parents' own anger



3. RESPOND TO ANGER ACTION

- Pleasant tone and neutral look to angry children
- Use self- talk : ‘ okay , Curie, stay calm, pleasant but firm’
- *Throw out*
- *Banging*
- *Kicking*
- *Unacceptable expression-*
“ *I will kill you*” “ *I will hit you*”



4. HELP EXPRESS VERBALLY

- Only verbally expressed anger avoids passive aggressive –behavior
- Other ways: pee/poo on pants after toilet training; lying; stealing; sex ; drugs



5 IMITATE PARENTING LIKE JESUS

- Ephesians 6: 4 “ Father, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord”
- Restrain from dumping own anger
- Parents , please do all in your power to remain *pleasant (loving, kind, optimism, refraining from instilling fear and anxiety)* with our child and yet be appropriately *firm(fair expectation by child age, abilities, and maturity level with consistency).*

