






What can you as a parent do to help your child through an angry outburst?

There are many suggestions on how to help your child if he is angry. You know your child best. Find a parenting strategy that works for your child and stick with it. Our children are individuals with their own unique personalities so you may have to adopt a different approach for each of your children.

How can you help your child?

How it looks & feels		
5		I'm really mad! I scream. I hurt myself or others. I spit. I throw things.
4		I'm angry. I shout. I say things that aren't nice.
3		Something bothers me. I frown. I don't want to smile.
2		I'm feeling ok. Not great but all is still good.
1		I feel great! I smile. I laugh and I'm relaxed.

At Stage 3

Step in quickly and divert your child away from what is beginning to annoy them. Distraction can help at this stage. Present as a calm, reassuring parent who can and will fix this for your child. Try not to anticipate an escalation. You are guiding your child through a small solvable irritation.

At Stage 4

Don't retaliate. Acknowledge that you can see your child is angry. Empathise with the situation and how your child is feeling. Show your empathy by sitting alongside your child, listening to the grievance and responding in a calm reassuring manner. Suggest some calming strategies that have been tried and tested. Be ready to suggest a new calm strategy if the old favourites are not working.

At Stage 5

It will be difficult to suggest solutions or calming strategies at this stage. Be prepared to ride out the storm. Keep talking to a minimum. Children find it difficult to hear and understand what is being said to them when they are really mad. Move your child to a place where

both of you are safe. If this is not possible, move harmful objects away from them. Be as non-confrontational and threatening as possible. Try not to add fuel to the already raging



fire. Give simple, caring reassurance. You are there for your child during this scary overwhelming time.

After an angry outburst

Allow a sufficient amount of time for your child to recover; this will help avoid a re-escalation. Take note of the triggers so if possible they can be avoided or minimized in the future. Move on to a fun, undemanding activity that you both enjoy.

Avoid discussing the incident. This can be done on another day when you feel your child will be able to talk calmly and you both can think of positive solutions or safe ways to express the anger.

Take care and kind regards,

Karen Sutton
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