

# **PARENT TOOL KIT FOR HELPING ANGRY KIDS**

*Rate your parenting ability for each of the following on a 1-10 scale, 10 is the highest.*

- 1. Set your own anger aside- you can't parent effectively when you are angry.**
- 2. Stay out of power struggles.**
- 3. Know that if your child can get you angry, he or she is in control not you. If a child feels he is in control, he becomes more afraid and will act out more. Children want parent to be in control. They feel safer if they know the parent is in control.**
- 4. Model the behavior that you want from your child**
- 5. Remember the purpose of discipline is education not punishment. The goal is to educate your child to make good choices so that he or she can be successful.**
- 6. We do not make kids act good by making them feel bad - we only get more bad behavior**
- 7. Any time we pay attention to our child's behavior, we increase the probability that it will increase. If we reinforce bad behavior with negative attention, we simply get more bad behavior. If we reinforce good behavior with positive attention, we get more good behavior.**
- 8. Explain the difference between anger and aggression**
- 9. Let your child know that it is OK to be angry but it is not OK to hurt others or act out aggressively toward others**
- 10. Teach your child to use his/her words rather than acting out his feelings. That is, to tell you he is mad and why**
- 11. Teach your child alternative ways to deal with his or her anger**

**12. Create, write out and post a clear family plan with rules and consequences.**

**THE MAGIC FORMULA:**

**LOTS OF GOOD STRUCTURE**

**LOTS OF GOOD NURTURING**

**EQUALS = SAFETY FOR THE CHILD**

**COMPLIANT BEHAVIOR FROM HIM**

**13. THE FOUR Cs:**

**Be Clear, Concise, Concrete, Commanding and Consistent**

**Add love, empathy, nurturing and structure and you will get more compliance from you child.**

**14. If we respect our children and work to meet their needs, they will respect us and will work with us to help us meet what we need from them.**

**15. If possible, don't try to solve the problem at the time of the crisis. Assign a time out/ cool down time and/or consequence and, later, process the problem and negotiate a new solution that works for all.**

**16. When processing the problem, ask him or her what happened and what he was feeling. Help him or her to identify and talk about what feelings are under the anger. These are the vulnerable feelings the child avoids by becoming angry. it is essential to process them.**

**Hurt                      Being left out/**

**Sadness                 Rejection**

**Grief                     Frustration**

**Loneliness             Shame/guilt**

**17. When processing the problem, acknowledge the facts of the situation, empathize with the child's feelings, and discuss new, future ways of handling the situation. Create list of new, alternative solutions.**