



# How to manage my child's anger more serenely?

Anger is a very common emotion in children. It is often an expression of frustration or distress.

As a parent, you may feel helpless, not knowing how to act or losing patience with your child's behavior. If your child is having trouble managing their anger, once in crisis it is more difficult to help him regain calm. Try instead to intervene as soon as you notice signs of frustration or distress in him, ex. your child cries for no apparent reason, he has facial expressions and anger-related body language (the face contracted, frowning, jaw clenched), he speaks loudly, he kicks, he taps, bites or he throws or breaks objects.



Try to keep calm. Take a few deep breaths and remember that your child needs your help to return to calm! You can then:

- Assign him a task. If you're grocery shopping together and your child starts showing signs of frustration (e.g., getting candy), by giving him a "mission" you can avoid a tantrum. For example, he may be responsible for pushing the shopping cart, reading the shopping list if he is able to, or taking purchases from the shelf.
- Give him choices! Children need to make their voice heard. Their anger often comes when they feel they have no choice. For ex., you can suggest: "Do you want to take your shower now or after your snack?"



**REMEMBER** to take care of yourself because it's harder to help your child manage their anger if you're too tired. Mindfulness can help you better embrace your child's anger and recognize it for what it is, an emotion he has a hard time dealing with. Offer him your presence and a lot of kindness.

