



# Ways To Help Your Child Manage Anger

Avoid arguing with your child and give them a time-out instead.



Teach your children appropriate words to express their anger since it is better than physical aggression.



Help your child release anger through activities such as punching a boxing bag or shouting into a pillow.



Empathize with children when they are angry and do not leave them alone.



Praise their good behavior



Be a role model to your child by dealing with your own expression of anger.



Tell them that aggression is not tolerable and set ground rules regarding their behavior when angry.



Teach them alternative ways to channel their energy, such as painting, deep breathing, or simply moving to a calm place.

