

Parent Tip – Week 7



Purpose:

We want to teach our child(ren) to Calm Down when they are angry. Managing their anger constructively will help them Make Good Choices, help build positive relationships, and promote life success.

Tip:

When our children are angry and they need to Calm Down, it is important that we not react, but instead respond to the situation by staying calm, being patient, and not arguing. We respond by reminding them of the steps: Count, Breathe and Act calm. Do not take their anger personally. During this time you need to focus on helping the child calm down. Remember this takes practice. Practice with your child during a neutral time when they are not angry.