When all is calm



After an angry outburst and your child has calmed down they will have a whole range of feelings. They might be feeling guilty, sad, depressed or even scared at their outburst. They may feel incredibly tired as all those angry chemicals return to normal. Avoid adding to those difficult feelings. Reassurance is needed that all is ok now.

When all is calm it is helpful to talk about the situation that caused the anger outburst and look at ways things could have been different. This is all about your child reflecting on what happened.

Could they have done something before the anger took hold? It might be things like:

- ❑ Walking away from a situation
- ❑ Thinking about the situation in a different way. Changing their angry thought to a more positive thought.
- ❑ Using calming breathing
- ❑ Using their safe space and one of their activities
- ❑ Talking to someone to seek help if needed

If you need any further support, please contact:

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Setting up a safe space



A safe space is basically a part of your home where your child can go if their feelings become overwhelming OR if they recognise they are starting to feel angry. It can help to quickly diffuse a situation.

Let your child help make it with you. Explain this is an area they can go to by themselves if they need some time to regulate and calm their emotions.

Things you can put in your child's safe space:

- ❑ Cuddly toys
- ❑ Warm fluffy blanket
- ❑ Playdough to pummel, squish and squash
- ❑ Crayons and paper for angry scribbling
- ❑ Lego or something to build with
- ❑ Mindful colouring sheets
- ❑ Pens and writing paper
- ❑ Puzzles
- ❑ Things to count
- ❑ Ear muffs or ear phones and calming music
- ❑ A pillow or cushion to punch

Also it is good to teach them some calming techniques such as:

- ❑ 7/11 breathing - breathe in for the count of 7 and breathe out for the count of 11 to really slow that breathing down
- ❑ Saying 'I FEEL ANGRY' and labelling a feeling can really help to diffuse it.

For resources go to www.elsa-support.co.uk



ABOUT ANGER

A guide for parents

ELSA support

What is anger?



Anger is an intense emotion that we all feel from time to time. It is totally normal to feel angry. However acting on anger can cause problems and you might find that your child's anger is causing problems.

Anger can stem from a situation that has happened. You can discuss these with your child and see if you can help them find a solution. It might be:

- ❑ Unfairness
- ❑ Disrespect
- ❑ Being blamed for something
- ❑ Being picked on or bullied
- ❑ Being told 'NO' about something they want to do

Anger can stem from physical feelings which can easily be fixed such as:

- ❑ Being tired
- ❑ Being hungry
- ❑ Feeling ill

Anger is also a secondary emotion which means it can stem from an underlying emotion. It is fueled by other emotions. It can be easier to express anger rather than hurt or vulnerability. It can be helpful to see if there is something bothering your child to cause their angry outbursts.
Your child might feel:

- ❑ Sad
- ❑ Anxious
- ❑ Scared
- ❑ Lonely
- ❑ Worried

What is going on in the body?



When anger is triggered, lots of things go on in the body. This is called the adrenaline response.
Adrenaline is released into the body and can cause a whole range of physical feelings in the body. It could be tense muscles, raised heart rate, hot and sweaty, fast breathing, tummy ache, or even dizziness. The body is preparing itself to fight or run away. It is easy to see how children can end up fighting or hurting others and how they can hurt themselves or damage property when they are angry.

Children who have reached this stage of anger cannot be reasoned with They just can't hear you; **their body is ready to fight not listen.**

This anger response can be incredibly scary and confusing to a child. They need your help more than ever.

So how can you help?

- ❑ Keep your voice calm at all times and ask them to slow down their breathing. A good one can be breathing in for the count of 7 and breathing out for the count of 11. This can help to calm your child down.
- ❑ Do not be confrontational or try to argue or demand they do something.
- ❑ Create a safe space in your home where they can go. This could have a range of calming and relaxing activities. Suggest in a calm way they visit their safe space.
- ❑ Ask if they need a hug. A good firm hug can do wonders with a child who is in an anger crisis but ONLY if they want it.

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Labelling a feeling



Anger can come in different levels from being mildly irritated to a raging anger.
There are lots of words for anger such as:

- ❑ Mad
- ❑ Furious
- ❑ Livid
- ❑ Annoyed
- ❑ Irritated
- ❑ Fuming

Helping your child to learn the words to describe their feelings is incredibly powerful and can really help them manage their feelings.

Use feelings talk with your child.

When something happens ask them to tell you:

- ❑ How they are feeling? (naming that feeling can help diffuse the situation).
- ❑ What has happened to make them feel that way?
- ❑ What could they do to help themself feel less angry?

Labelling that feeling and talking about it can reduce the feeling massively.

Always try this when your child is angry.

Find the time to explore vocabulary around anger and what the words mean.