Anger Resources

Tips for dealing with your child's anger

- Praise when your child's behavior is good.
- Stay calm
- Say "no" clearly and firmly as needed
- Provide physical outlets and exercise
- Take interest in your child's activities, and bond with your child
- Show affection
- Sense of humor to diffuse a situation
- Model appropriate behavior
- Teach children to express themselves verbally
- Acknowledge and accept what your child is feeling and redirect any angry actions
- Establish clear standards for acceptable and unacceptable behavior.
- Use clear and consistent consequences to limit aggressive behaviors
- Teach your child problem-solving skills
- Teach your child relaxation methods
- Teach your child to recognize anger cues/triggers

Websites for Parents

1. http://www.angriesout.com/
2. http://www.ahaparenting.com/parenting-tools/raise-great-kids/emotionally-intelligent-child/angry-child
3. http://www.kidsmatter.edu.au/families/about-behaviour/anger
4. http://www.parents.com/toddlers-preschoolers/discipline/anger-management/helping-kids-handle-anger/
5. http://childdevelopmentinfo.com/how-to-be-a-parent/angry_child

Books for Parents

1) *What Angry Kids Need* By Jennifer Anne Brown and Pam Provonsha
2) *Angry Children, Worried Parents: Seven Steps to Help Families Manage Anger* by Sam Goldstein, Robert Brooks and Sharon Weiss
3) *Your Angry Child: A Guide for Parents* By Daniel Leifeld
4) *Calming the Family Storm: Anger Management for Moms, Dads and All Children* by Gary McKay and Steven Maybell

5) *Show Me your Mad Face: Teaching Children to be Angry Without Losing Control* by: Connie Schnoes
6) *Helping your Angry Child: A Workbook for You and Your Family* By Darlyne Gaynor Nemeth
7) *Healthy Anger to help Children and Teens Manage Their Anger* By Bernard Golden
8) *Little Volcanoes: Helping Young Children and their Parents deal with Anger* By Warwick Pudney and Jessica Kingsley

Books about Anger for children

1) *Angry Octopus: An Anger Management Story Introducing Active Progressive Muscular Relaxation and Deep Breathing* By Lori Lite
2) *Pig Wisdom: Anger Management* By B.J. Taylor
3) *Mad isn't Bad: A Childs book about Anger* Michaelene Mundy
4) *Tiger has a Tantrum: A book about feeling Angry* By Sue Graves
5) *A Volcano in My Tummy: Helping Children to Handle Anger* by Warwick Pudney, Éliane Whitehouse
6) *Everybody Feels Angry* By Jane Bingham
7) *I am so Angry I could Scream: Helping Children deal with Anger* By Laura Fox
8) *Angry Arthur* by Hiawyn Oram
9) *Anger is Okay Violence is Not* By Julie Federick
10) *Being Mad: A book about Anger* by Molly Wigand
11) *I'm Mad* by Elizabeth Crary
12) *Let's Talk about Feeling Angry* by Joy Berry