

**Mrs. Davis said: "I listen to music.
After ten minutes I am not angry any more.**

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Music is a two edged sword. Slow easy listening music can calm almost any child. Loud fast music can make the anger last longer and run deeper. For very young children we reccomend a visit to <http://www.babygotosleep.com>, for older children a variety of calming music, DEFINITELY no heavy metal etc..