

According to Dr. Ross Campbell, winner of the presidents award in pediatrics and author of many best selling books the single greatest danger to our nations children is their own anger.

The angry child is many times as likely to get ill, end up in prison, be divorced and or need lifelong counseling.

TALK DON'T HIT

Click/Download any of the following pages to send home with the parents in the group.

**Page by page discuss the commentary to the left of each coloring page. We call it:
"Parents helping Parents"...
add prayer to make it "God helping Parents".**

Anger is the one thing no child can handle alone. They NEED US. They need parents who can share. They need God and a church family.

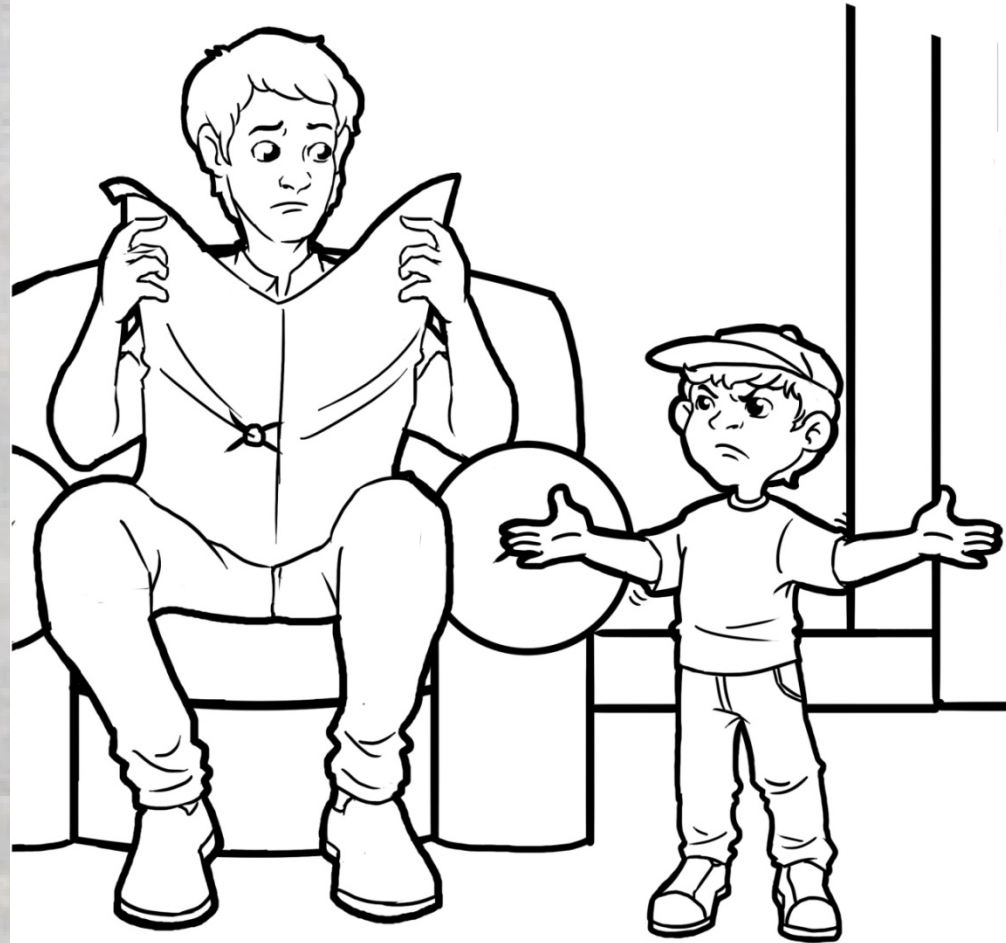
In the words of Dr. Ross Campbell winner of the presidents award in pediatrics and author of “How to Really Love your Angry Child” the greatest single danger to your child’s well being is his own anger. The angry child is many times as likely to get ill, end up in prison, be divorced and or need lifelong counseling.

We pray this coloring book and commentary are a help.

**Daniel Diggs was angry, angry...ANGRY.
He wanted to break something.
Maybe even hit someone.**



INSTEAD he went to his dad
and said "Dad I'm very angry
can you help me?"



The cardinal rule for helping children with anger is:
"Talk, don't hit." The problem is: how will they learn to
talk if no one listens?

**The cardinal rule in every
pre school in the world is
"Talk Don't Hit"**

**The problem is how are kids to
learn to talk if no one listens.**

**Anger is a child's way of saying:
"I have a problem I can't solve."**

**Make a daily time to LISTEN to
your child. Encourage him or
her to share.**

Anger is two problems

The first problem is **SELF CONTROL**
...helping a child be angry without hurting himself or others. A good part of this book/slide show is helping a child find safe things he **CAN** do when he is angry an anger to do list.

When I asked Dr. Karl Menninger the most important thing he had learned about anger he said “Two things. First it is a secondary emotion. We need to find out the underlying emotion usually fear, frustration, loss, or hurt. Second that anger can become a habit we use all our lives instead of **LEARNING** to solve problems. Anger makes people go away but not problems.

Next time your child is angry help him discover the why.

His dad said: "Maybe I can.
The first problem an angry person has is what to do. That is why I keep a "To Do List."
Do you have a "To Do List"?"



Good parents tell their children what **NOT** to do. **GREAT** parents help them find something to **DO**.

Anger **SEPARATES** from others
UNLESS we ask ten **TRUSTED**
people what they do when they
are angry. This list turns anger
from something that separates a
child from other people into
something that actually connects
him to them.

We hope you try this list. We
hope you share the idea with
school teachers and others
who work with kids.

We hope too you get your
child and notebook **AND** visit
our website

<https://bibleparent.com/anger.html>

When Daniel said he had not made a list, his father
handed him a note pad and pencil and said:
**"I want you to ask the ten people you like best
what they do when they get angry."**



**How will a child learn wisdom if
he does not ask questions of the wise?**

Stress of any kind raises a persons blood sugar and in many cases actually makes a person crave carbohydrates.

The problem is that the sugar boost doesn't last and can actually make A child or adult less able to solve the underlying problem.

Slipping an angry child a potato chip might help for a minute or two but could easily create an eating/weight problem that lasts a lifetime.

**First Daniel asked his Aunt Enola. She said:
"I bake a cake and then I eat it. It makes me fat but the anger goes away... usually by the second piece of cake.**



32% of 6-11 year olds are overweight.

Eating is probably America's first choice for dealing with anger, but... it is giving one third of us diabetes. Read on for other choices.

A major part of self control is **FOCUS**. A few first line tools are

Look up. It is the only direction which contains no threats and nothing to break or throw.

Turn away: Turning the body and the eyes forces the brain to focus on the **NEW INPUT**.

Walk away. Leaving the cause of your anger is a great idea...then keep on walking. The endorphins will help your mood. The new scenery will help **BALANCE** your feelings.

You might even have your child memorize the formula: **Look up, Turn Away, Walk away.**

Daniel did not want to be fat, she he asked his neighbor Mr. Davis who said: "I walk away from what is making me angry, then I just keep walking."



Walking with an angry child gets him out of the old situation and into a new one. It's a great **HABIT** for you both and provides a chance to **TALK**.

**Music soothes the savage beast,
and most three year olds.**

**The trick is choosing the right
music...something soothing.**

**The wrong kind of music actually
directly influences brain wave
patterns and can make a calm child
angry.**

**Maybe today is the right day to get
a DVD with some calming tunes.**

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



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 recommend a visit to <http://www.babygotosleep.com>, for older children a variety of calming music, DEFINITELY no heavy metal etc..

By the time a child is 11 years old
his friends will influence
a child's behavior almost as
Much as his or her parents,

Ask your child if a true friend
would help him find a way out of
his anger or make it worse.

One good idea is to make one
night a month friends night
where you have a chance to
influence your children's
friends before they influence
your child, Don't let their
anger infect your child.

Daniel's favorite lady at the grocery store
said: "I find someone to talk to. Friends
always make me feel better."



Not only can social media like facebook lead to cyber bullying
they can also separate your child from real people.

**Public school teachers may not
feel comfortable using this one
page of our slideshow**

BUT

**We pray with grandmother
chambers that they use the rest
of the book.**

**If you know a public school
teacher why not forward this
slideshow.**

**If you have a child or grandchild
dealing with angry feelings
You might try praying with
them.**

**Grandmother Chambers said: "I pray dear." I tell God my
problem and I listen with my spirit until I hear His spirit
whispering to me. He always comforts me. He always
helps me solve my problems...
So I pray.**



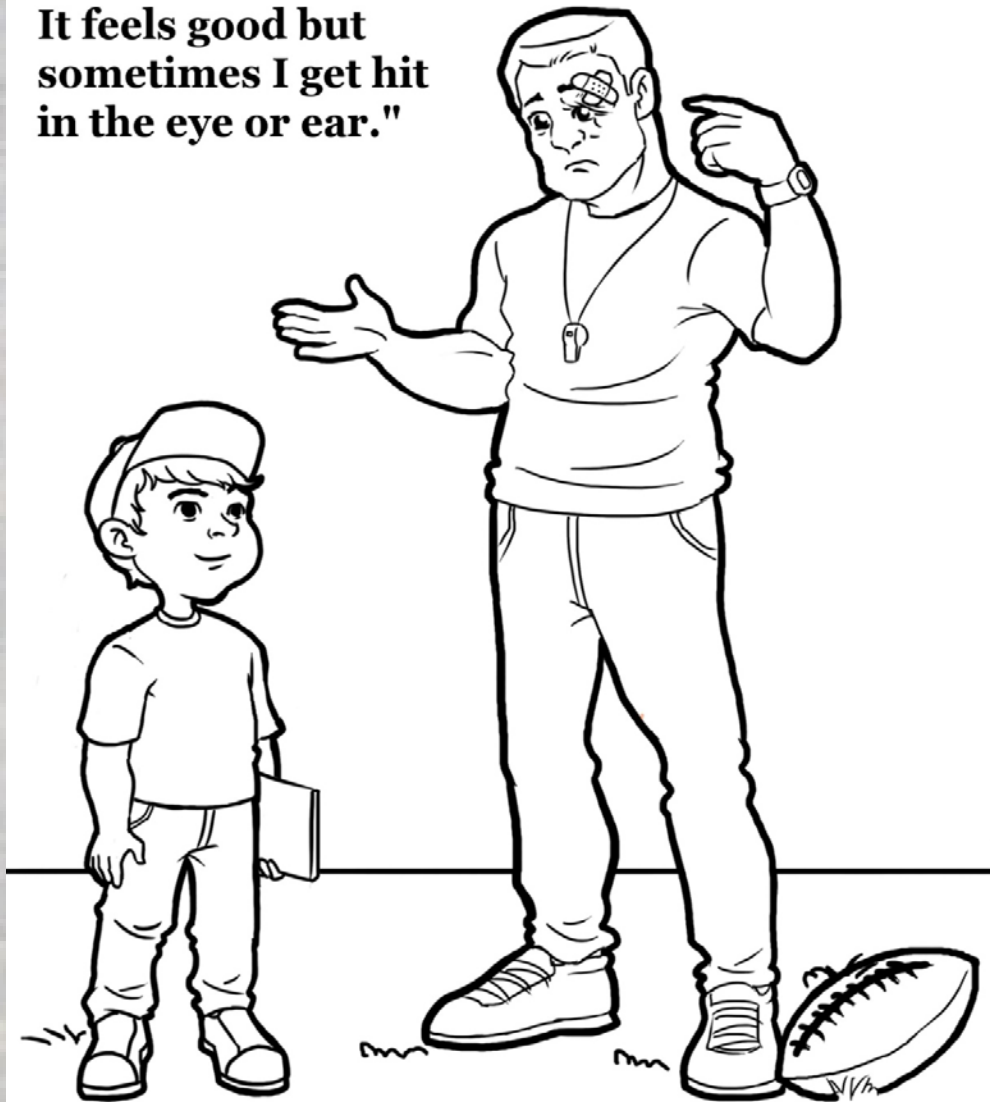
**Of the thousands of answers we got to our question, prayer
was the third most common. If it is not YOUR personal choice
please understand that we include it because it was a POPULAR choice.**

**I like Siamese fighting fish (Bettas).
They are very inexpensive and require
no expensive equipment. I keep mine
in a gallon jug.**

**When one fish puts on his anger
display the other fish always does the
same. Watching these fish makes the
point that it is often WISER not to
show people when you get
angry...chances are they will just get
angry back and eventually
Somebody will get hurt.**

**Putting on your angry face might get
it punched. Part of self control is
keeping your feelings out of
sight....except with true friends who
care about you.**

**Uncle Jake a football coach said: "I just tell
people straight out when I am angry with them
It feels good but
sometimes I get hit
in the eye or ear."**



**Anger begets anger. It may feel good to let it out but it usually
comes back in ways we will not like.**

Figuring out WHY you are angry is the first step in solving an anger problem.

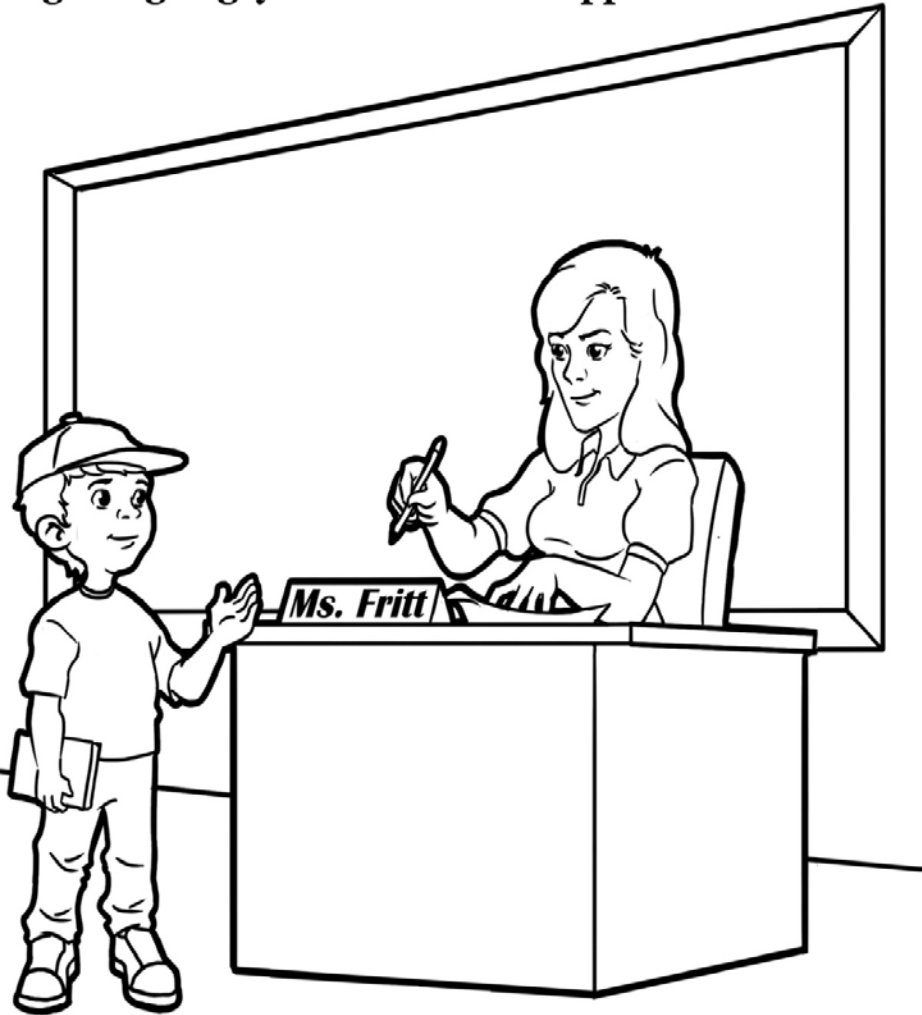
The most common problems leading to anger are hurt, fear, loss and frustration.

Getting help with our own feelings is a necessary first step even when a child's anger involves another person.

When another person is involved the child will likely need a mediator, a parent or teacher to help resolve the problem. If left to their own most children simply lack the skills or perspective to solve the problem wisely.

The most common problems leading to anger are hurt, fear, loss and frustration.

Miss Fritt his favorite teacher said: "I slow down. Being QUICK to anger is never a good thing. I take a deep breath and look up and then I try to think what the problem is and how I can solve it without getting angry. Teachers are supposed to think.



Helping a child deal with his anger has two parts, first "Self Control" and second "Problem Solving"...THINKING how to solve the root problem. Are you raising a thinker?

**Daniel's little sister Katy said"
"First I scream and then I POUT.
It used to work better than it does now.
Maybe I'm growing up."**

Pouting is usually a child's attempt to say something when he or she is angry but lacks the words to explain the problem or doesn't feel that anyone will listen.

The best twofold message we can give a child is :

One: Pouting doesn't work.

Two: It would work better if you talk and I listen then I talk and you listen.

It may take weeks or even years but eventually most children learn that talking works better than pouting.



Anger is almost always accompanied by an adrenaline rush. Epinephrine and nor-epinephrine are pumped into the child's body. He or she is simply not able to respond mentally or emotionally until those chemicals are BURNED away.

A little strenuous exercise can help a child much more than a simple time out. Dealing with the physical affect of anger can be as important as the mental and emotional components.

Some of our favorite adrenaline burners are shooting hoops, running in place, jump rope, hop scotch etc.

Caution: When the anger is caused by divorce, bullying or other long term causes the chemical excess can contribute to anxiety, depression or panic attacks. Regular strenuous exercise can be a very good thing for these children.

**Daniel's cousin Dirk said:
I shoot hoops, then I am
too tired to be angry.**



**Anger is partly chemical.
Exercise burns off the adrenaline and calms us.**

Anger is largely a now thing. Sadly patience is not easy or even understandable to many children.

One great messages from the garden is: “If we want to pick flowers we have to plant seeds.” In other words if we plant anger we are likely to harvest the same thing. If we plant kindness we get the same kind of crop. It is hard to be kind and angry at the same time. SOMETIMES anger is a choice.

For some children filling an old tire, free from most car repair shops, with potting soil and planting a few cucumber seeds is a great life lesson ...a lesson in patgience.

Mr. Green, their other neighbor said: "I go out in my garden. In the day time I have my plants and at night I can look at the stars."

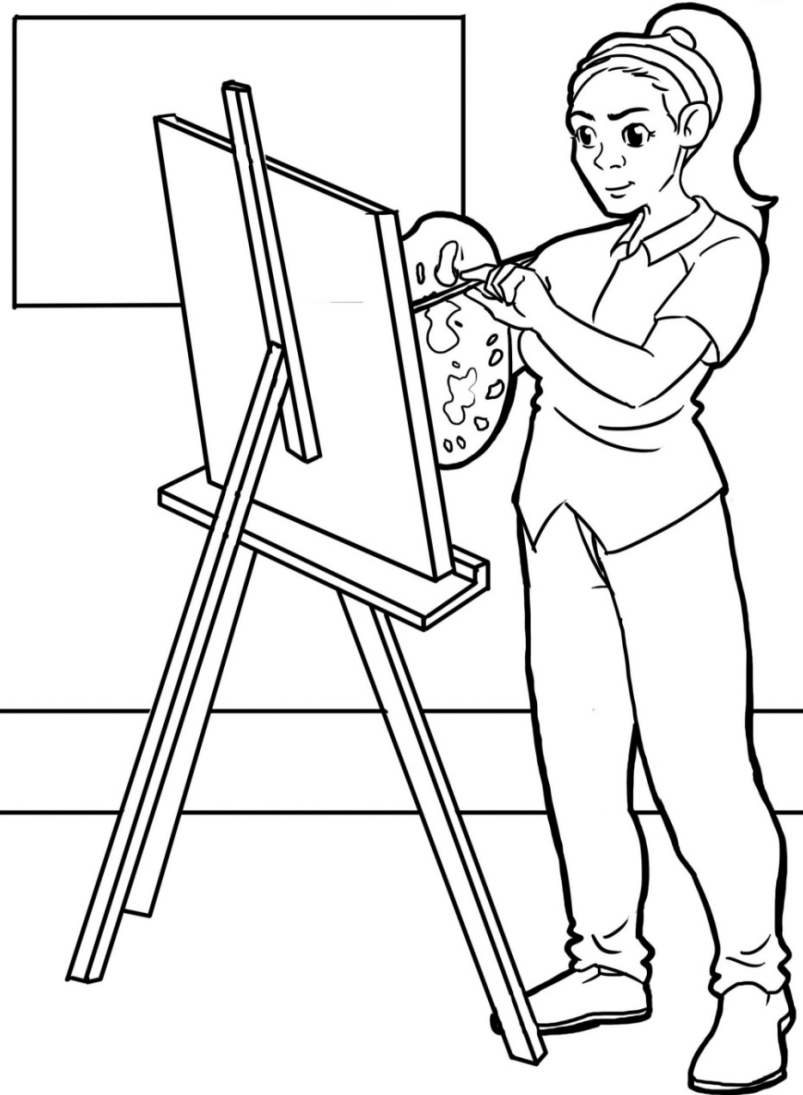


Planting a few cucumber seeds in an old tire can teach a child patience. Looking up at night can teach perspective. In many ways patience and perspective are the opposite of anger.

Art therapists tell us that painting is a great help in managing emotions... at the very least it is a good way to refocus and a good alternative to breaking something.

One art project we highly recommend is painting an “angry mask” on a paper plate or grocery bag. After painting the “angry mask” have the child hold it in front of their face or the paper bag over their head and ask if they can tell you what feeling is behind the angry mask... probably Fear, hurt, frustration or loss, Know what is behind a child’s anger is very very important,

**Mrs. Green said: "I paint.
I would rather paint than be angry."**



A very angry six year old once said to me: "I'm going to bring a gun and shoot you, then a knife and cut you, then sit and watch you bleed. I said "Couldn't we just get some crayons and mark on the pews?" He said: "You got crayons." Giving a child choices can be a real help toward self control.

**Ellie Green the girl next door said:
I have a smoke. Cool huh.**



**Smoking, drinking etc. can be very appealing to an angry child.
We should do our best to provide them as many choices as possible.**

**Hurting yourself as an
expression of anger at loved ones
is common, even in 5-8 year olds.**

**Add to this the chemical effects
of smoking , drinking and drugs
and a child is in very dangerous
territory.**

**A very good project for an angry
child is to help them make a list
of things that do work and things
that don't. Such a list may even
take a little of the glory out of
rebellling.**

Here in Topeka Ks. the children's section of our library has a special section on feelings. This may or may not be true in your town BUT almost any children's librarian can do a search for books on anger for almost any age child.

We hope you visit your library...and don't stop with books on anger. Try a search for some of the feelings that are behind the anger, feelings like hurt, loss, frustration and fear...Read the books together.

Then Daniel remembered to ask his Mother who said: "I read a book. It helps me think about bigger things than me.



Almost any library in the country would be happy to search out a list of books to help children with anger...and... if you know the feeling underneath the anger, picture books on that as well.

Every school counselor we interviewed said that helping children with anger was part of their daily job and that most of the time they had time to speak with concerned parents.

We found them to be an extremely dedicated group of people with a heart for and understanding of children. We know of no other group who could be of more help to parents.

Miss Fritt his favorite teacher said: "I slow down. Being QUICK to anger is never a good thing. I take a deep breath and look up and then I try to think what the problem is and how I can solve it without getting angry. Teachers are supposed to think.



Helping a child deal with his anger has two parts, first "Self Control" and second "Problem Solving"...THINKING how to solve the root problem. Are you raising a thinker?

A foster child of mine (age 9) once commented “It doesn’t do any good to get angry if no one knows about it.” It is true that Assault , Slander and Vandalism will tell people you are angry but they won’t get anyone to listen,

Try other ways of letting people know how you feel. The best way is likely talking but if no one is there write a note or draw a picture?

Make a list of people you might talk to when you are angry.

Daniels uncle Joseph the policeman said:
a policeman should not end up in jail so
I keep my three Big "NO's"
right there on the wall.

No Assault
No Slander
No Vandalism

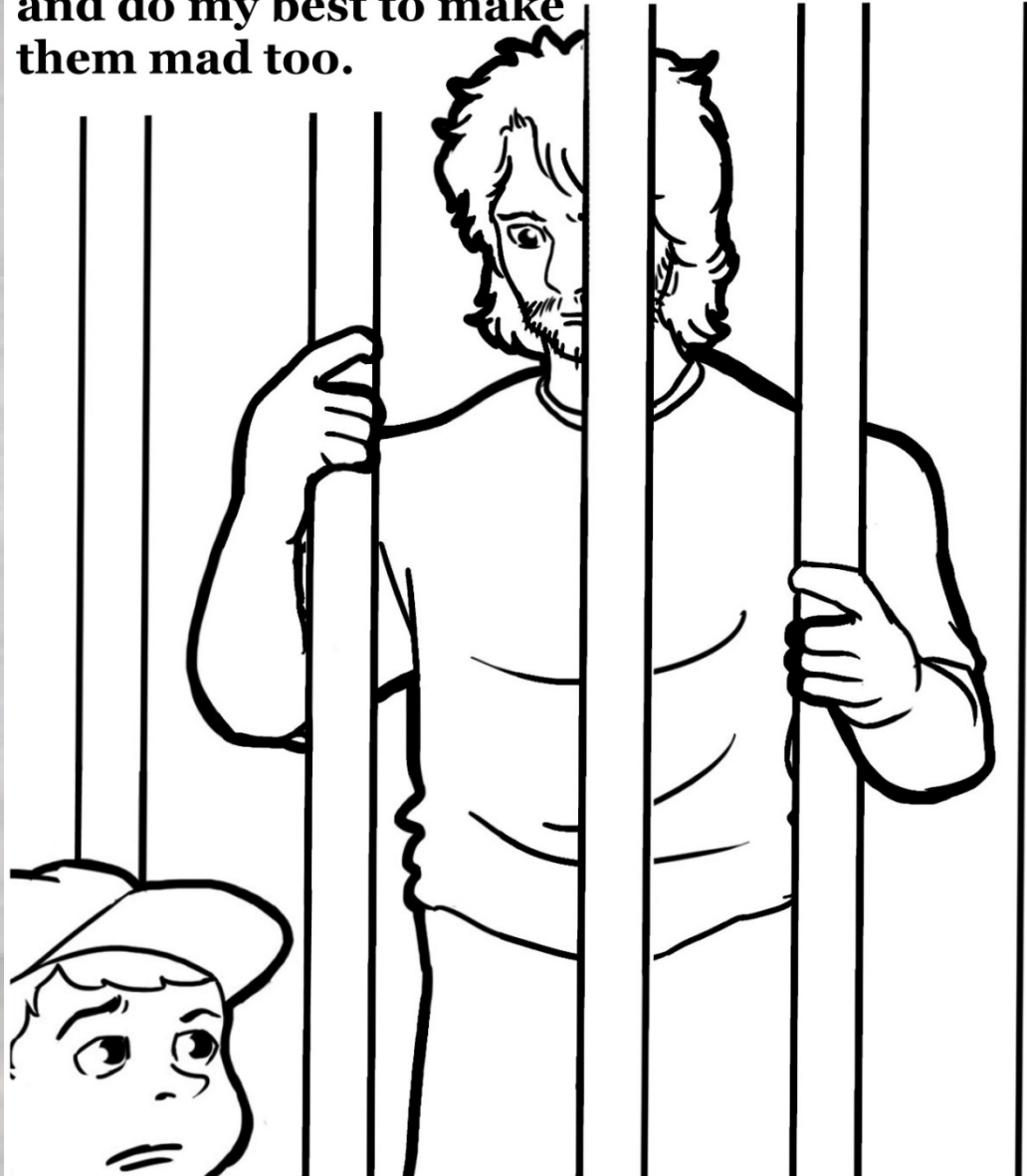


Explaining the big words can make a lasting impression. For younger children try: No hitting, No breaking things and No name calling.

Did you ever hurt someone when you were angry? Did it make you feel bad that you hurt someone or did it make you feel good because you were in control.

Do you think you were ever a bully like the man in jail? There is an old saying “Hurt people hurt other people...but does it really help you to hurt someone else, or would you rather find someone to help you with your own hurt or fear.

A man in the jail cell said: It makes me feel better to find someone smaller than me and and do my best to make them mad too.

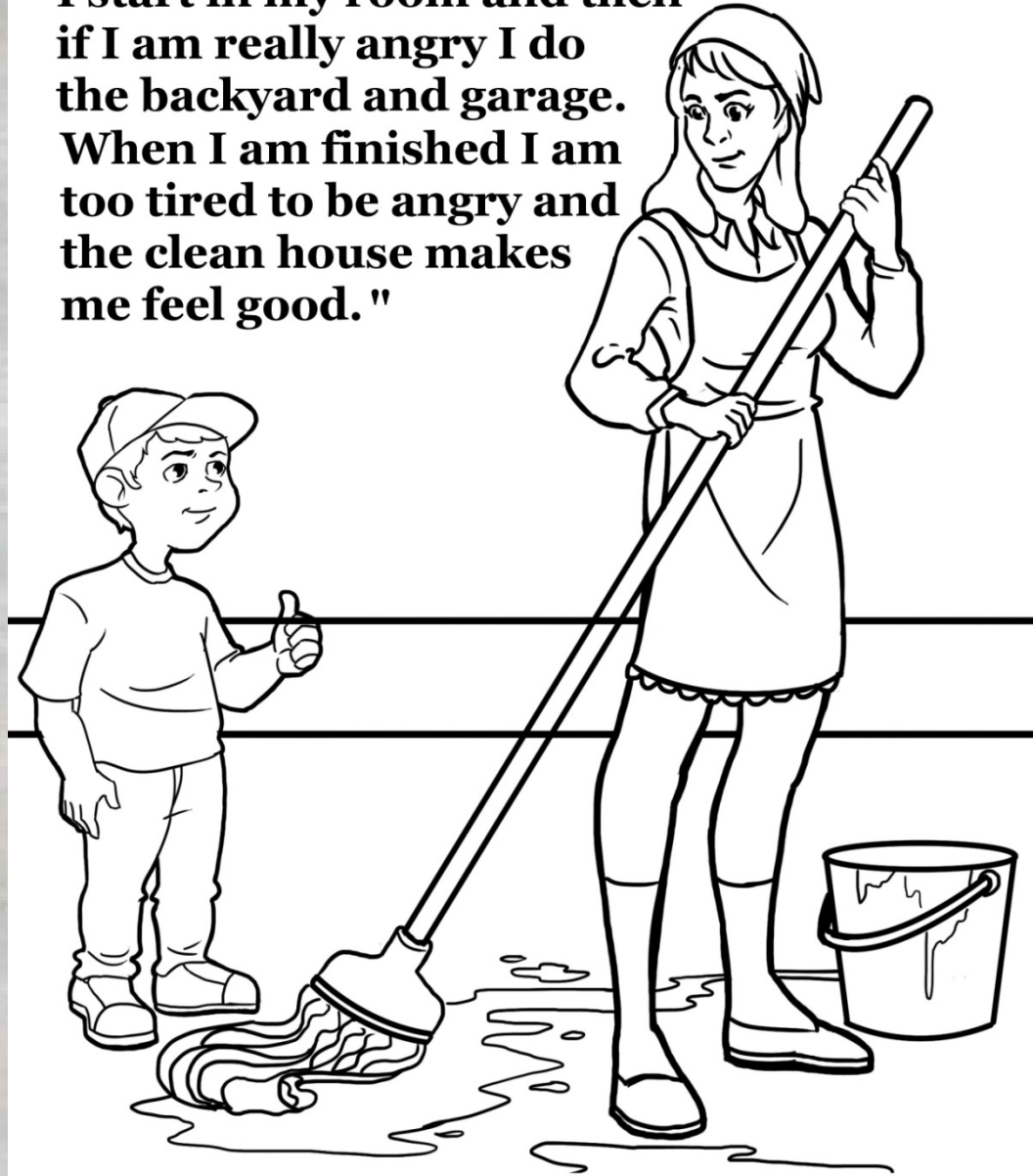


If you are a bully or being bullied tell someone.

Getting angry can be a lot like making a mess...sometimes a very big mess. First you have to clean up everything you put out of place. Then you have to apologize to people. Maybe you got so angry that you can't leave the house,

Do you think people love you when you are angry, Do you think they would forgive you if you asked. One thing for sure being angry can sure make a mess. Being angry is normal...but so is learning to clean up the mess.

Daniel's Aunt Ida said: "I clean the house. I start in my room and then if I am really angry I do the backyard and garage. When I am finished I am too tired to be angry and the clean house makes me feel good."



Doing a good thing almost always makes you feel better.

Josh McDowell made famous the statement that “Rules without relationship lead to rebellion.”

It is a statement well worth remembering. A parents first thought when helping a child deal with angry feelings should be in keeping the parent child relationship in tact. It is the one thing most likely to help the child grow. A good start might be sharing what you do when you get angry.

At last Daniel came to his favorite grandfather, grandfather Diggs who put his nose right up to Daniel's nose and smiled as he said: You're not angry with me are you?"



A little laugh is always a good idea. Be careful not to ridicule.

The very best thing a parent can do for an angry child is probably not getting angry back. Children lack the skills to deal with their own anger. It is most unfair to ask them to deal with our anger as well.

The second best thing is probably helping them figure out what is under their own angry feeling and deal with
THE REAL PROBLEM.

Daniel said: "Oh, no, I never get mad at you. You are too nice and you never get angry back."



The magic words for parents are: "I'm sorry I got angry with you. Please forgive me?" Nothing you could do will help more.

It is unlikely that an angry child under age 12 gives any thought at all to the other people involved in his or her anger.

That does not mean we should give up on helping them think about others as early as age 4 or 5. Thinking and feeling beyond our own self centered world is a key part of growing up and self control.

Then grandfather Diggs said: I do get angry but I do two things, First I try to figure out how the other person is feeling,

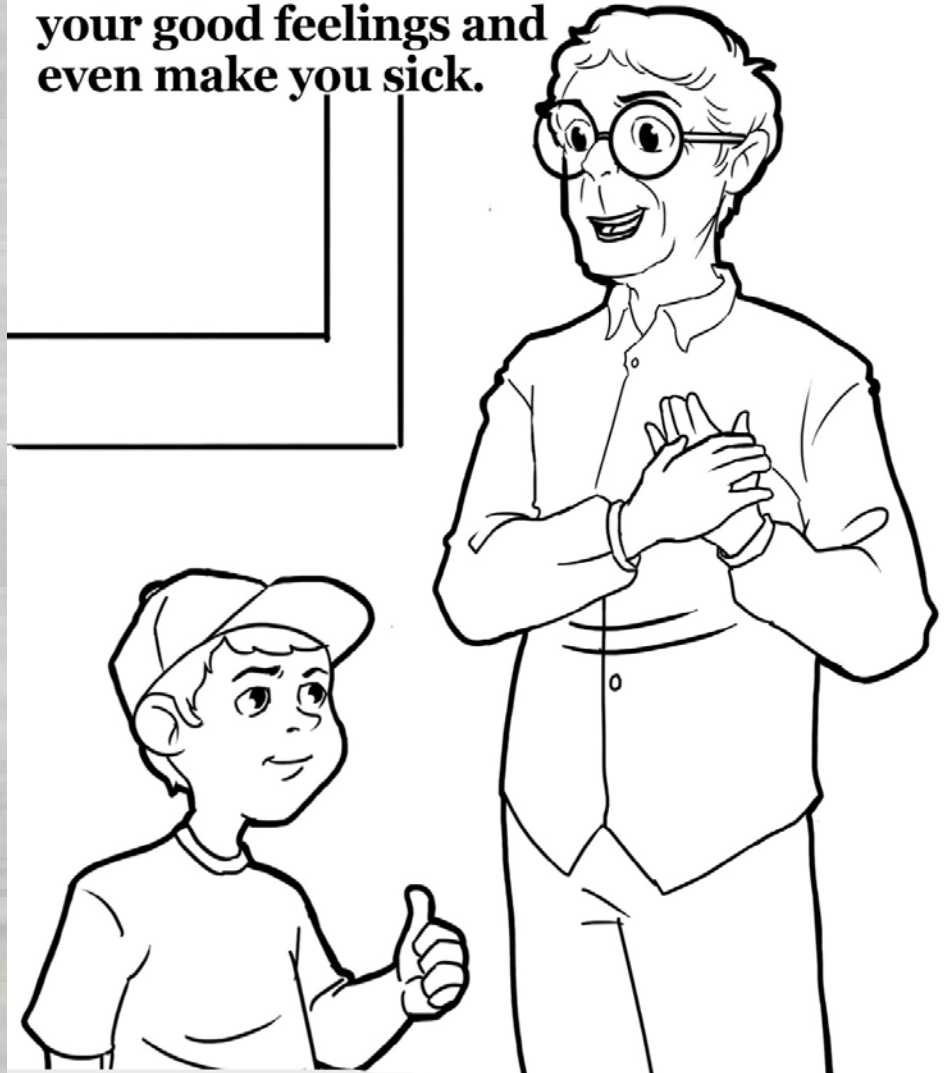


One great idea is to ask an angry child if he has tried walking a mile in the other persons moccasins (Tryed to see things through the other guys eyes.)

The chemicals released in the Blood of an angry person BOOST the brain to think only about the anger. Even after the chemical Bath to the brain has returned to normal the memory of the anger is supercharged.

Getting deep anger out of the system often takes a conscious effort. The one word that best describes this effort is the word forgive. If we want to regain control of our thinking it is a very important word,

Second, I always do my best to forgive, from my heart because, letting anger' stay in your heart will crowd out all your good feelings and even make you sick.



The best definition we have seen for the word forgive is
"Giving up the right to get even."

The three major points of Daniel's story are:

Self Control: Helping children find their own alternative behaviors, first steps toward self control.

Problem solving skills...helping Them like Daniel DIG under the Anger and identify the real problem.

Making anger something that Connects a child to the people Around him instead of driving Them away. May your child... like Daniel...ask as many people as possible what they do when they get angry.

That night Daniel went to sleep hugging his little book, a reminder that when he was angry he had a lot of friends he could talk to.



Hope you try our little book as a bed time story.

Dear Parent: *Dr. Karl Menninger once said to me "In Seventy some years of life the two most important things I have learned about anger are: first, that it is a secondary emotion. There is always something underneath it something like hurt, fear, frustration or loss. Second is that if a person (child) does not get help with the underlying emotion anger often becomes a HABIT which the child (adult) uses to deal with EVERY problem that comes along...they never learn that anger does not make problems go away...it just makes people go away.*

Our hope for this coloring book is that, though there may be an underlying physical or emotional problem (see back of book), a child's anger is most often a valuable sign that something is wrong...that the child needs help with a problem too new or too big for him...OR... he just thinks it is a good way to make someone leave him alone...a child wise way of getting someone to "Go Away".

Our hero's/heroines name is Daniel or Danni Diggs because he/she learns to dig underneath the anger and solve the real problem. We have a special page for helping 2-3 year olds with anger...a real challenge as children this age face hundreds of anger causing frustrations/problems every day of their young lives but by and large this book is for PARENTS with children age 4-10.

We hope you color WITH your children. We hope also that you have your child ask his ten favorite people what they do when they get angry. The child who does this will likely find that the problem of anger can draw him closer to his friends and family rather than driving them away. Happy Coloring, and if a favorite teacher comes to mind we hope you share the book with them. All the pages from the book are free online at www.ddiggs.com.

HELPING CHILDREN WITH ANGER
A TOOL CHEST FOR PARENTS OF CHILDREN AGES 4-10

1. **The first step** is always a set of rules posted on the wall: no assault, no slander, no vandalism or for younger offenders: no hitting, no name calling and no breaking things. These rules do not help a child with anger but they help keep others safe. **RULES GET PEOPLE IN JAIL NOT OUT.** Keeping out of jail is a matter of self control and requires adult help, most often lots of it.
2. **LISTEN to the child.** Repeat back to him what he says so he knows you have heard him. *Once the child feels heard he will be much more willing to listen.* The cardinal rule for helping children manage their anger is TALK, DONT HIT. But how will they learn to talk if no one listens?
3. **Now the child is ready for problem solving.** Share with them what you do when YOU get angry. This will put you both on the same team, and prevent anger from ruining the parent child relationship. A good follow up is to give the child a list of ten names...people you trust. His assignment is to find out what those people do when they get angry and report back to you. How are children to learn wisdom if they do not ask questions of the wise. It is also a great way to get adults involved!!!!
4. **Put the problem of anger in the child's hands.** Tape recorders can be super tools especially for ADHD children. Talking to the tape recorder can help a child contain and postpone his anger until a trusted person is available. Many children cannot do this unless they truly believe someone will listen... sometime. A notebook is an acceptable alternative IF the child can *trust* that someone will read it. Saving anger until an appropriate time is a HUGE step toward self control.
4. **Almost any library in the country** will have 20 or more age appropriate books on almost any subject. Give your child's age and ask for a search on the word anger. Preparing when he is not angry can be the one thing that keeps him balanced when he is. One of the best rules for anger management is ...be prepared.
5. **Ask the child questions about the victim of his anger.** Reparations should be a part of learning to manage anger but in most cases should wait until AFTER the child has had help figuring out why he did what he did and some other way he could handle the situation if it comes up again. Once the child has had help solving his unsolvable problem and is comfortable...say something like "Oh yeah, I almost forgot... that person you hit, the owner of the thing you broke, the word you said...You know you have to go back and ask them to forgive you and then do your best to think of something you could do to make them feel better?

HELPING CHILDREN WITH ANGER

7. **Children who take their personal faith seriously are MUCH less likely to act out their anger.** The research is very clear. Appealing to a higher power for help with emotions can be a very real help with behavior.

8. **Take special care with boys.** We tell our boys "No" five times as often as we do our girls. This is partly because they need it BUT the real problem is that when we tell our girls "No" it is almost always accompanied by explanation and comfort. Somehow we think a little boy should man up and take his "No" like a man. The problem is all men start out as boys and if they had a little more EXPLANATION and comfort they might not grow up to be angry men.

9. **Be alert** for signs that a child is angry for more than a day or two or any time he is angry for no reason. This child may need counseling. He or she also needs you to turn OFF the television. All children are affected by violent programming but it is the angry child who acts out what he sees. Allowing an angry child to look at violent scenes is like pouring fire on gasoline. Much as our three major television are at fault it is the uninvolved parent who must bear the blame. Be involved!! Keep the violence out of your living room.

10. **One form of self control is LOOKING UP.** The fight-flight adrenaline cycle is almost completely severed by looking up. It is the only direction we can look without being stressed, challenged or threatened by SOMETHING. It is the instant solution even a child can use to escape from almost any form of anger: turning his attention to something else. **HELP YOUR CHILD LEARN TO REFOCUS.** This might mean redirection by tickling or making a face, it might mean looking him in the eyes and saying: "Want to go for a walk?" Without our help children can get stuck on the negative and never learn what it means to turn their eyes and their attention elsewhere.

11. **The one thing** statistics show to be most effective: entertain your children's friends in your home. If we are not involved in the social lives of our children how can we hope to help them keep anger out of relationships. Two nights a month is the minimum. Mark friends nights on your calendar and keep them as long as your children live in your home. A child's only real hope in dealing with anger is adult involvement. Be involved!!!

Try posting this list on the fridge and visit our website www.ddiggs.com...and avoid the punching a pillow treatment for anger. The research shows it makes the anger worse not better.