

In digging for the cause of your child's anger be prepared for what you might find. Many times it will be a small problem, something you can easily help with. Other times it may be something big. Following is a list of some BIG problems that may require professional help. One temptation with big problems is to pretend we can do nothing and everything will work out.

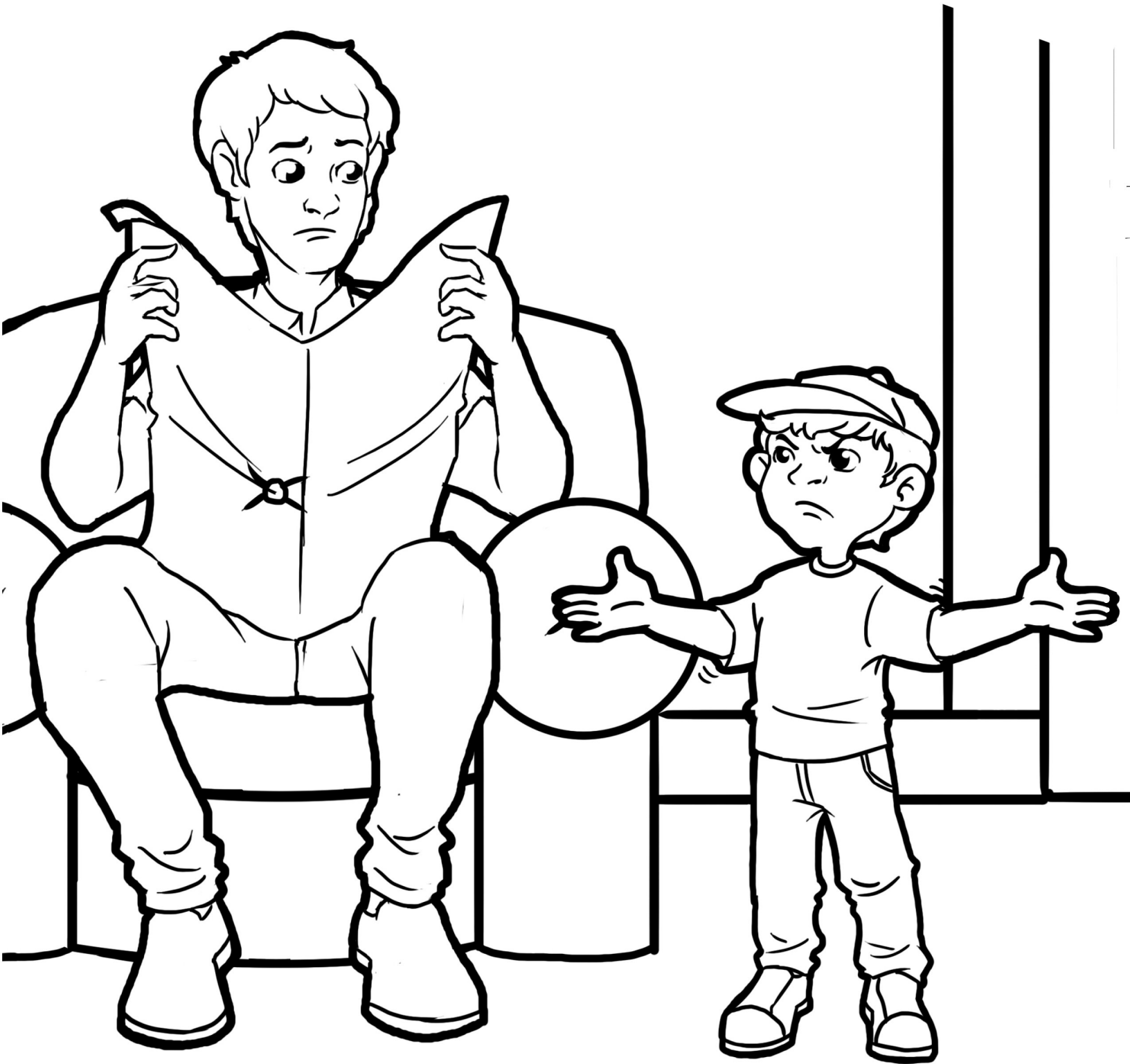
A better idea is to start with our little coloring book and then...

1. Moving to a new home or neighborhood especially if a change of schools is involved. This is arguably the number one stressor in a child's daily life.
2. Remarriage is pretty much tied with moving as the most significant stressor in a child's life.
3. Being the victim of abuse, sexual, physical or repeat bullying. This is less common than our number one and two picks but still far too common (one out of four boys and one out of three girls).
4. Divorce. When the divorce occurs after age 3 the male child of divorce loses 4-10 years off his life expectancy, the female child 2-4 years. THAT is a lot of stress, a lot of anger.
5. A physical handicap, limitation or illness. Something as simple as an allergy or as serious as a terminal illness can cause a lot of stress, stress that may erupt as anger. A trip to the Doctor is a sound first step if your child is more angry or touchy than usual.
6. Death of a parent or close family member. Losing anything, even a favorite bicycle can make a child angry but losing a person is a big thing, especially if it is a parent.
7. Substance abuse. Many drugs/substances put a child at risk for turbulent emotions.

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



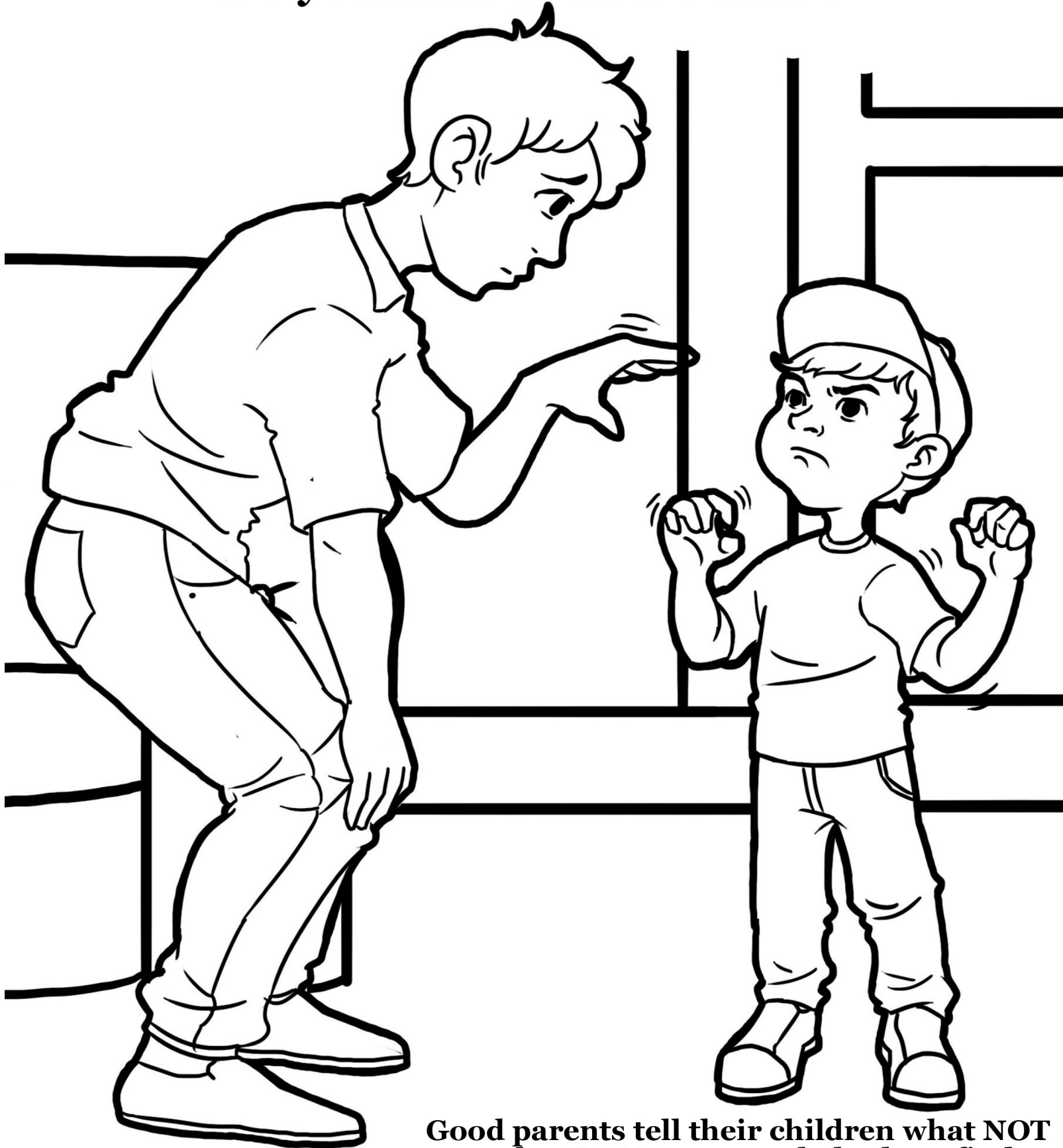
INSTEAD he went to his dad
and said "Dad I'm very angry
can you help me?"



**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?**

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.**

**When Daniel said he had not made a list, his father handed him a note pad and said:
"I want you to ask the 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?

**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.**

Daniel did not want to be fat, so 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.

**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..

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.

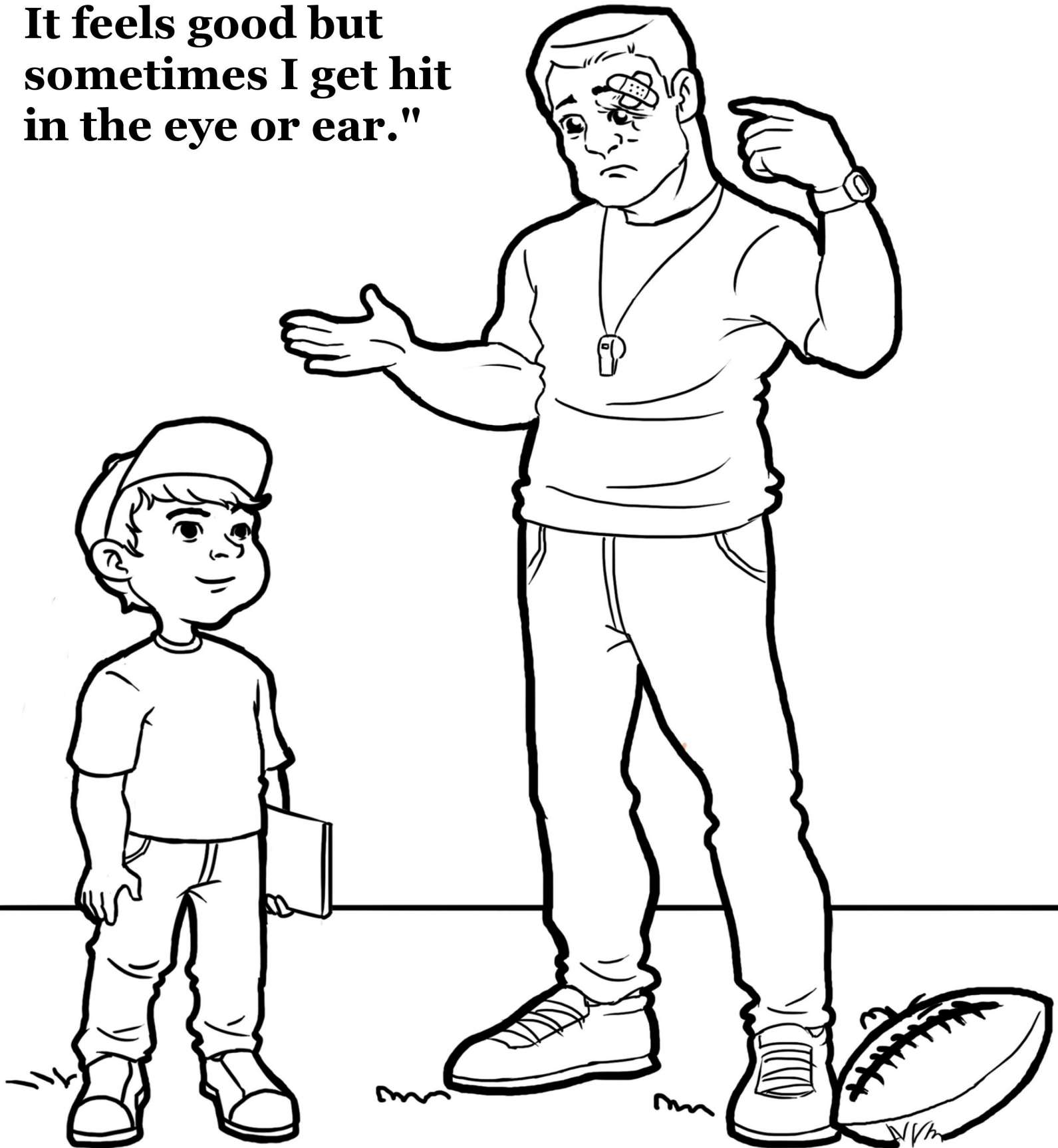
Grandmother Chambers said: "I pray dear." I tell God my problem and I listen with my spirit until I hear His spirit whispering to me. He always comforts me. He always helps me solve my problems...

So I pray.



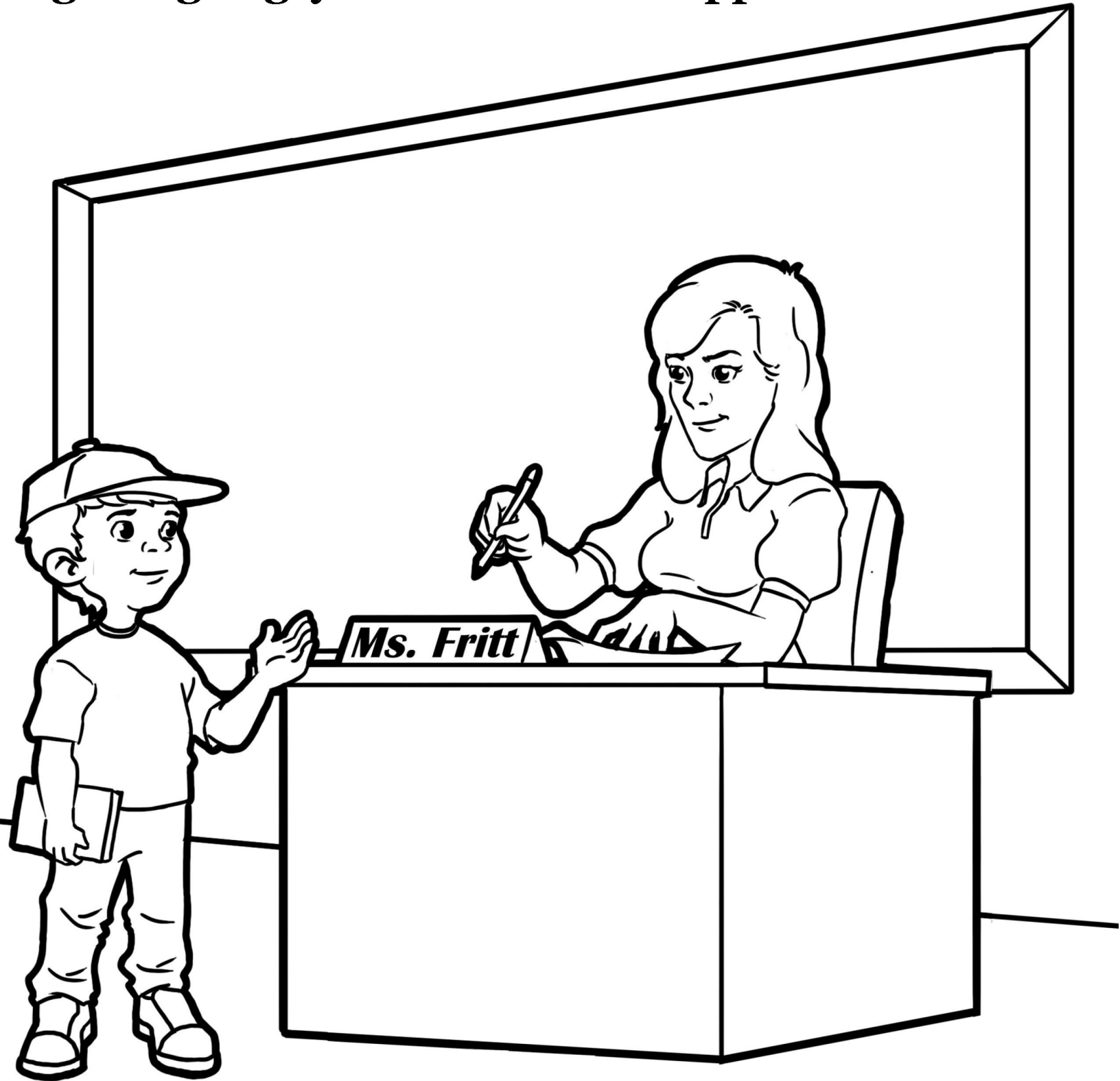
Of the thousands of answers we got to our question, prayer was the third most common. If it is not YOUR personal choice please understand that we include it because it was a POPULAR choice.

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."



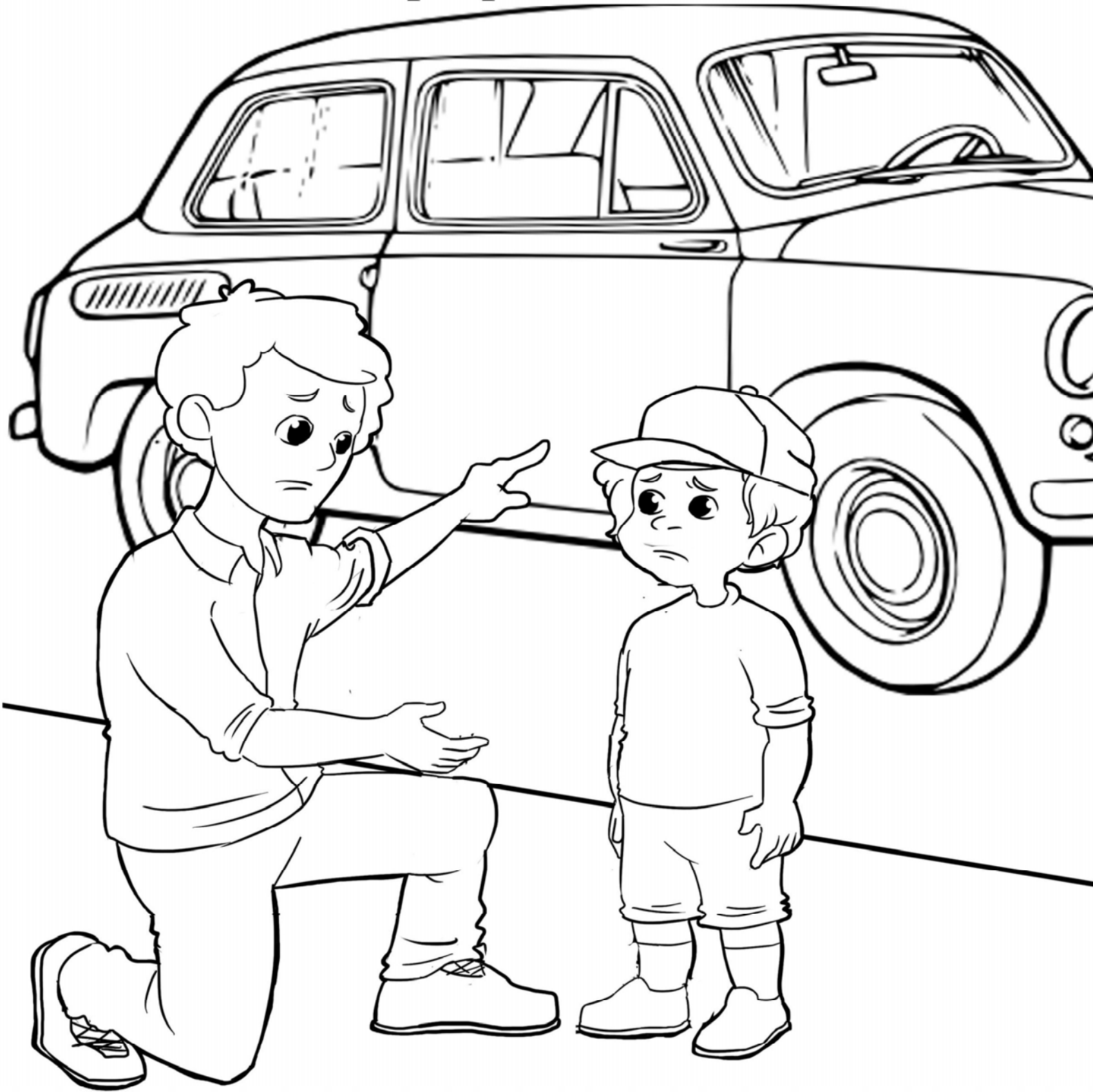
Anger begets anger. It may feel good to let it out but it usually comes back in ways we will not like.

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?

So Daniel decided to think about the things that made him angry. The first thing he thought of was when people told him what to do.



Daniel especially didn't like people telling him where to go and when but he remembered his uncle Jake saying: "We can't all have our own way all the time so we have to learn ways to get people to LISTEN to us and being NICE usually works better than being angry,

Then Daniel thought about when the sixth graders called him "baboon face". They stopped calling Daniel names after the school counselor talked to them but Daniel stayed angry.



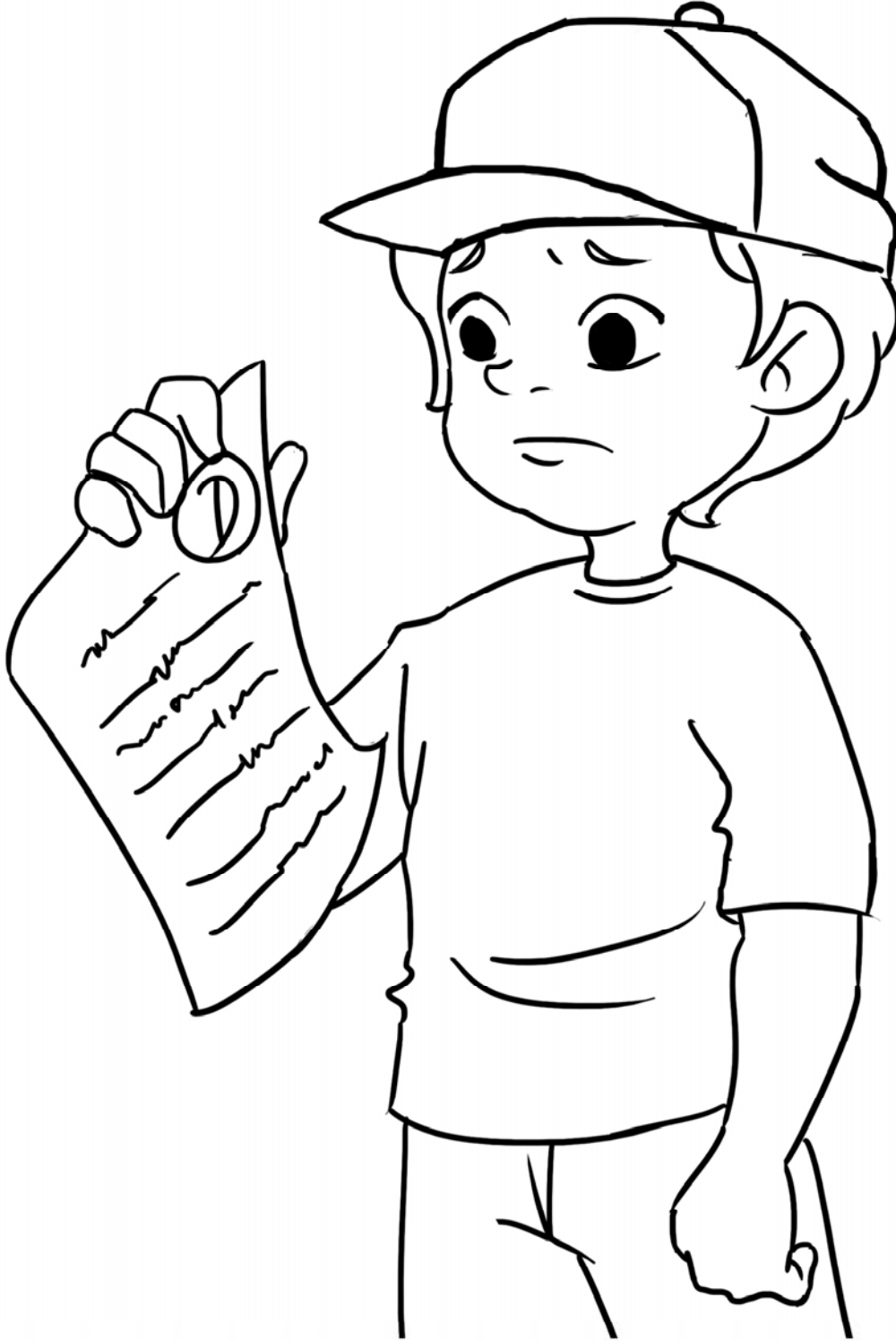
He stayed angry until his grandmother chamberlain gave him a Bible verse and told him he should keep it with him. "Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you." Daniel was still trying to understand it.

Then he thought of his sister Katy. She got all the attention and most of the presents. It wasn't fair and that made Daniel angry.



An important lesson for children is that "Fair" takes time...that even when things do not seem fair that God still loves us, even if we must "Wait".

Last of all Daniel thought of when he got a D- in reading when all of his friends got A's and B's. Even his parents would not believe he had really tried.



Children are VERY sensitive to the EXPECTATIONS of other children, teachers and parents. The child who has difficulty meeting physical, mental, or social expectations NEEDS realistic goals AND adult help in finding at least one thing at which he or she can do well.

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."



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



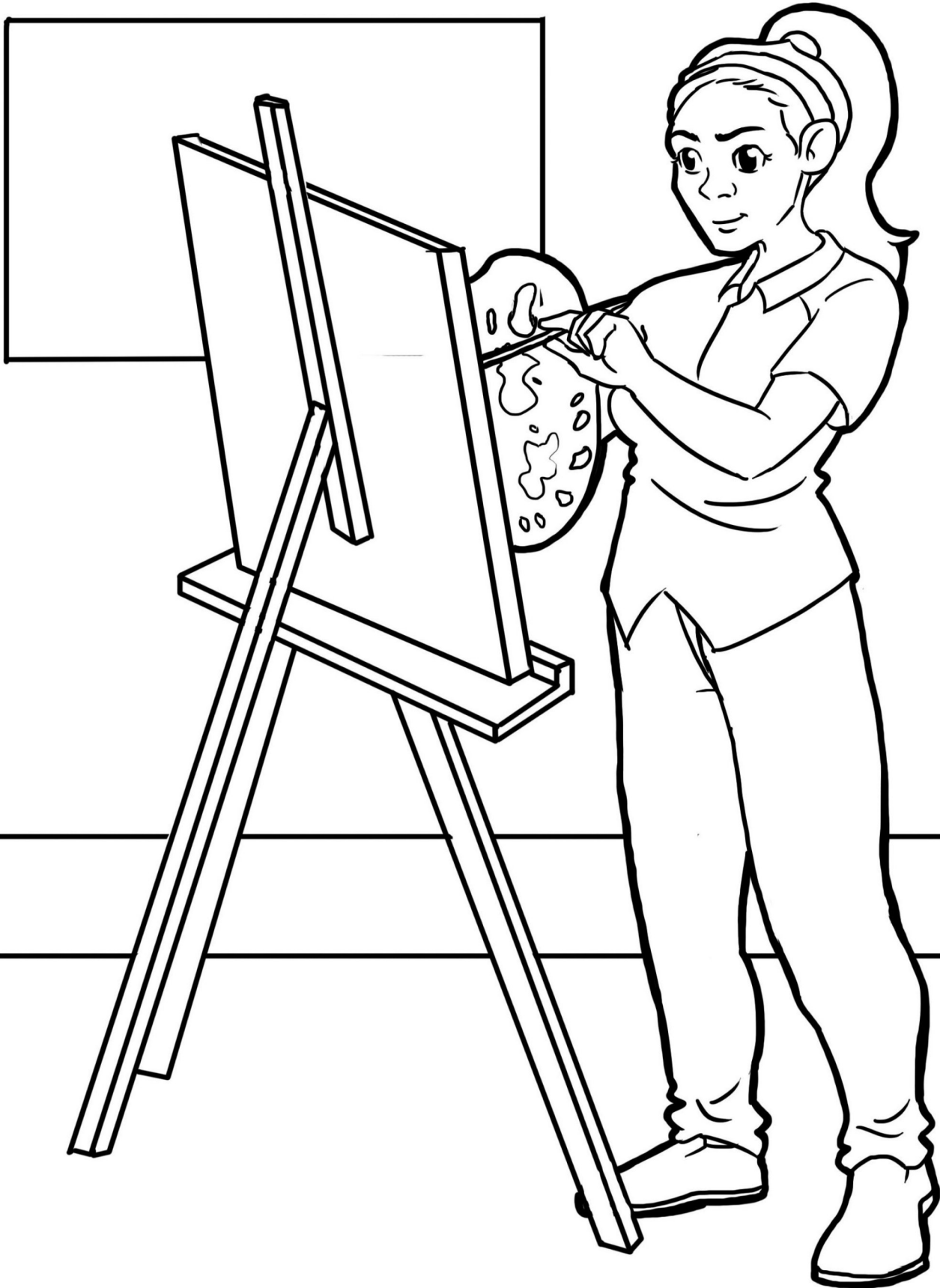
**Anger is partly chemical.
Exercise burns off the adrenaline and calms us.**

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.

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



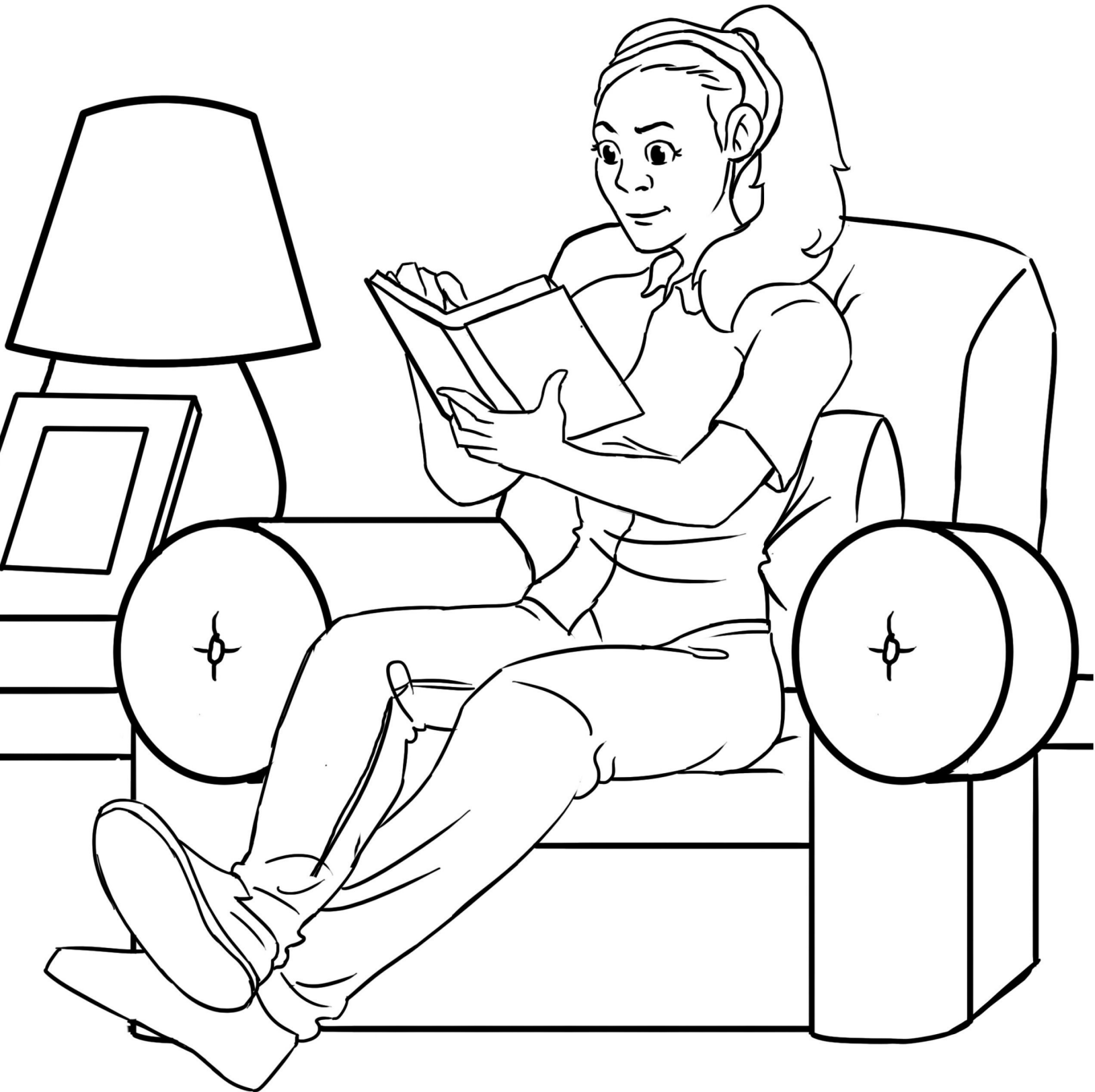
A very angry six year old once said to me: "I'm going to bring a gun and shoot you, then a knife and cut you, then sit and watch you bleed. I said "Couldn't we just get some crayons and mark on the pews?" He said: "You got crayons." Giving a child choices can be a real help toward self control.

**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.**

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.

Daniel even asked the school counselor what she did. Her answer was: "I look mostly at myself and not at the other person. I can't change the other person so I change myself."



Most elementary schools have a school counselor. Most of them would be more than willing to talk with parents seeking help.

**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**



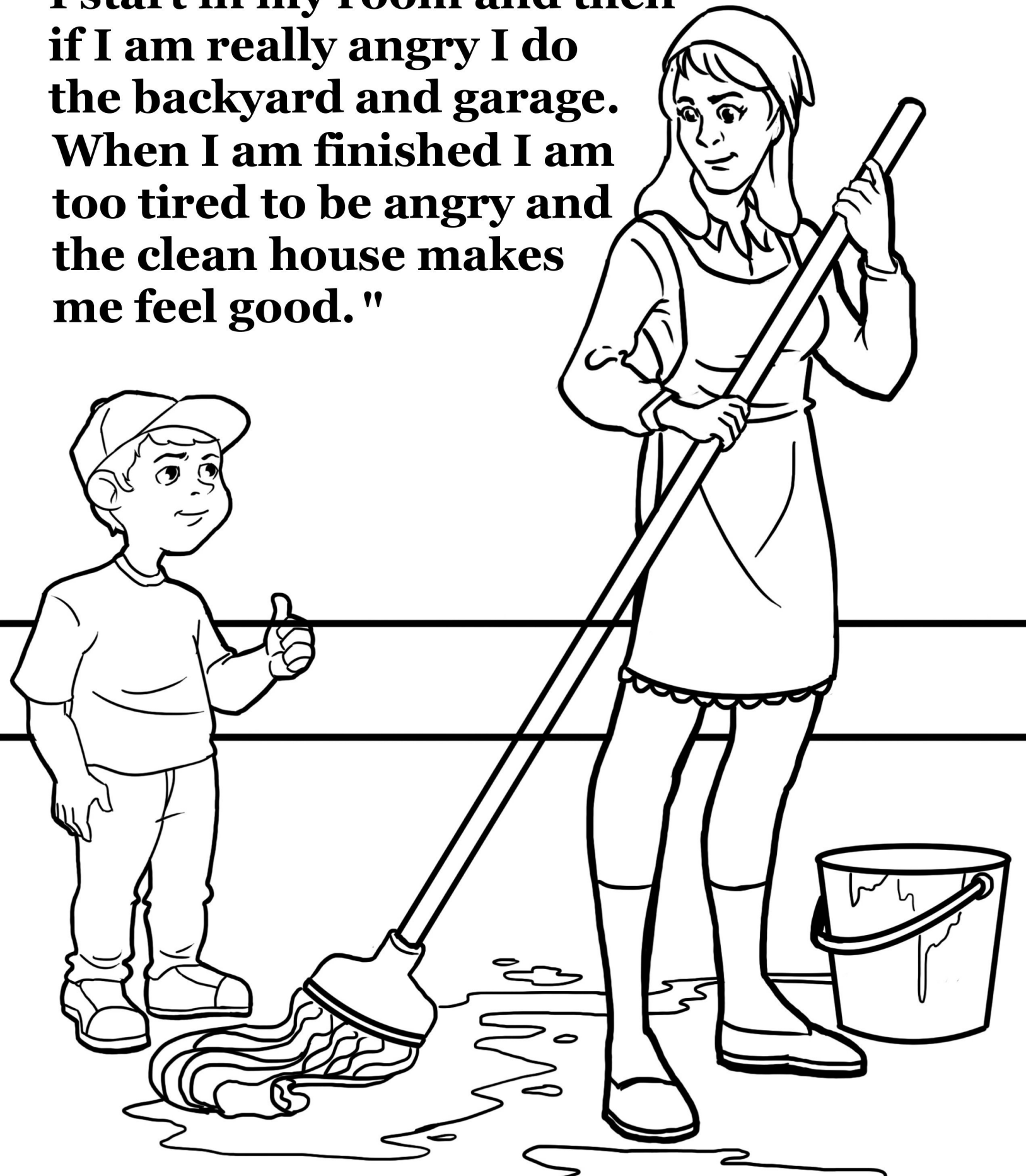
**Explaining the big words can make a
lasting impression. For younger children try: No hitting,
No breaking things and No name calling.**

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.

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.

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.

**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.**

**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...tried to see things through the other guys eyes.**

**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."**

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.

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?