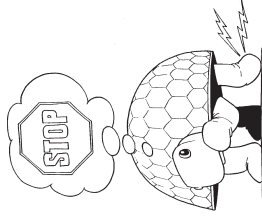


### REFRIGERATOR NOTES FOR TEACHING CHILDREN TO MANAGE THEIR ANGER

- Notice when your child is starting to get frustrated and angry.
- Encourage your child to talk about his or her feelings.
- Cue your child by saying, "Tell yourself to STOP, calm down, and take three big breaths."
- Encourage your child to use positive self-talk by saying, "**Tell yourself, 'I can calm down; I can handle this,'**" or "**'Everyone makes mistakes; with practice I can do it.'**"
- Praise your child's self-control and appropriate expression of feelings whenever you notice it.
- Model self-control and appropriate feeling talk.



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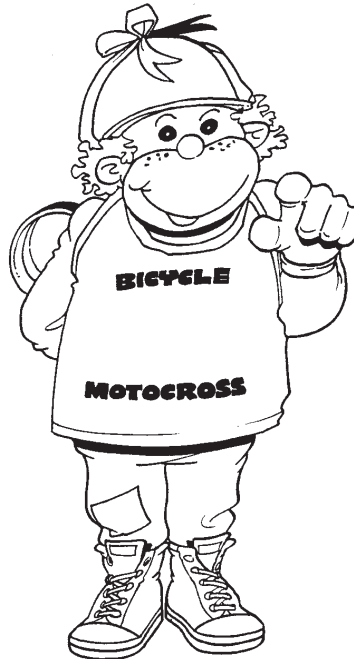
### *Teach Calm Down Strategies*

- When your child is calm practice taking deep breaths and praise your child by telling him he is very strong at calming down.
- Notice times when your child stays calm in a frustrating situation and praise her for her patience and calmness.
- Use emotion coaching and comment on times your child is happy, excited, curious, calm, angry or frustrated. Try to comment on more happy feelings than angry or sad ones.
- Model staying calm yourself in frustrating situations –take a deep breath–say, “I can calm down” in front of your child.



## REFRIGERATOR NOTES

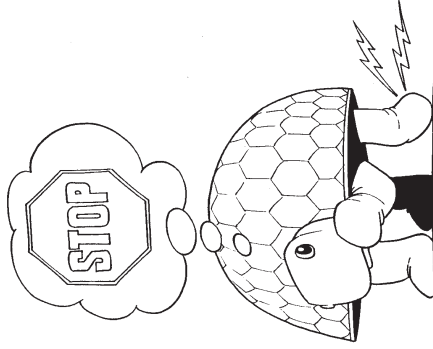
### TEACHING CHILDREN TO PROBLEM SOLVE



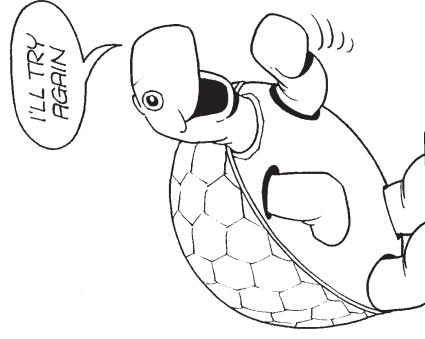
**What is the best solution ?**

- Use games, books and puppets to present hypothetical problem situations for children to practice the problem solving steps.
- Help children clearly define the problem and to recognize the feelings involved.
- For preschool children, focus on generating many solutions.
- For primary age children, add steps to help them think through to the various consequences of different solutions and make the best choice.
- Be positive, creative and humorous.
- Model effective problem solving yourself.
- Help children anticipate what to do next when a solution doesn't work.
- Remember it is the process of learning how to think about conflict that is critical, rather than getting correct answers.
- Avoid problem-solving if your child is highly dysregulated.

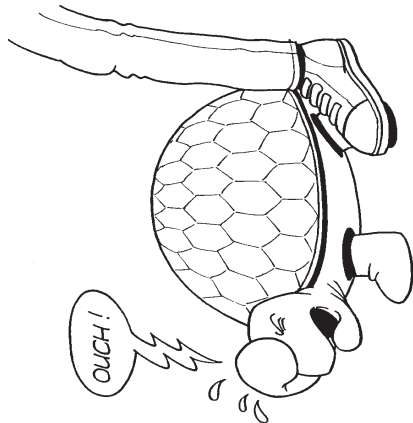
# Tiny's Anger Management Steps



2 Think STOP



4 Withdrawing into shell



3 Take a slow breath

