

Anger is a very difficult emotion to manage, our children and teens need help to understand it, to identify it and to express it in a helpful, healthy way.

Anger can show up in many forms ie. outbursts, silent treatment, dirty looks, exclusion, temper tantrums, put-downs, threats, often expressions of anger like these escalate the situation and damage relationships.

We can help our children and teens by modelling how we deal with anger, by normalizing anger and thinking about the underlying emotions. We can help them “pause”, stop, and think before reacting, help them connect their choices to the consequences.

