

Parent Tips:

Mad Feelings



Managing our feelings takes self-control. Children are not born with self-control. Use some of these tips and tricks to help your child control their anger!

Words to Use

- "I can see you're angry. I want to help you feel better. Can I hold you while you calm down?"
- "I can see that you're mad. I can't let you hurt others or yourself. It might help to tell _____ 'I didn't like it when _____.'"



✓ When you feel so mad that you want to roar...take a deep breath and count to four...1, 2, 3, 4.



For Young Children

For young children:

- Use positive statements rather than using the word "No!"
- When you say "No hitting", children hear "hitting". Instead you could say "Use your words" or "Keep your hands to yourself."

For an older child you might say:

- "I've been trying to help you with your mad feelings, but it doesn't seem to be working. I'm going to let you sit here where I can see you. When you're ready, let me know. You can come to me or let me know that I can come to you."

Additional Ideas:

- Plan activities throughout your day that allow children to practice physical control, like stopping and starting.
 - Mother May I
 - Red Light, Green Light
- Give children a chance to express their feelings through music.

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