

Anger Management in Children

Anger, a normal emotion, can transform into something painful and ugly. First thoughts of anger issues may bring about images of a couple fighting, a parent abusing a child, a teenager lashing out at a teacher or a parent. Rarely will images of angry children come to mind. Unfortunately children, at very young ages, have to deal with feelings of anger and rage. This is a truth which is often difficult to understand or manage.

Children, young children especially, aren't normally aware of how they feel. When a child becomes upset or mad they simply show these emotions through their behavior. A good example of this might be the little boy in the supermarket who throws a tantrum because he's upset. Many parents have had to deal with similar situations. It is unfortunate that often times these occurrences are overlooked or dismissed because they are "just children". Anger management in children is as important, or perhaps even more important than anger management in adults.

A child requires instruction and guidance from their coming into the world to their entry into adulthood. The things they learn throughout their young lives are likely to form the person they become as an adult. For this reason anger management in children with difficulties controlling their temper is extremely important. Finding ways to teach anger management in children might present challenges.

There are programs designed specifically for children with anger management issues. Finding one that works for a particular child might require testing many methods. Not all children will respond to the same treatments for anger management in children. Because a child cannot always relate their feelings surrounding angry outburst, finding the right approach may take some time. Until the issue is resolved or at least controlled, it is imperative to continue the search.

Young children may respond well to worksheets, games and fun activities. All of these can be used effectively to teach anger management in children. Developing programs which incorporate each of these might be the best route to take. A child completing a worksheet, coloring sheet or participating in games and activities with underlying messages regarding anger management, may not even realize they are working on their problem. Making the activity fun doesn't mean that the anger issue has to be left out. Choosing fun activities which teach healthy interaction and decision making might be good for anger management in children. Teaching them to take turns and helping them to learn that they can't always be the best or the winner would definitely make a difference when confrontational situations arise. Little activities which instill values and

positive thinking would be beneficial for anger management in children.

If a child is old enough to talk about their anger problem, encouraging them to share their feelings is important. Suggesting they talk to someone who they feel comfortable with and trust is a good idea regarding anger management in children. Asking them to write or draw about their emotions may be able to help disclose their underlying issues, whether fear, hurt or sadness. Teaching them to ask for help when they feel threatened or angry would certainly help the child with a problem. The important detail to realize when considering anger management in children are they are just "children". Their minds are not equipped to handle big people situations and so they will require a more careful approach.