

HOW TO BE IN CONTROL OF EVERYTHING. EVEN TEMPER.



- **Be patient and positive.** Controlling outburst can be difficult for kids and helping them learn to do so is a tough job. Try to be patient and positive, and know that these skills take time to develop and that just about every child can improve with the right coaching.
- **Try to be your child's ally.** You want your child to triumph over the temper.
- **Take a break from the situation.** Tell your kids that it's fine to walk away from a conflict to avoid an angry outburst. By moving away a child can get some space and work on calming down.
- **Find a way to get the anger out.** Your child can choose to write about or draw a picture of what is so upsetting.
- **Learn to shift.** Explain that part of calming down is moving from a really angry mood to a more in-control mood. Instead of thinking of the person or situation that caused the anger, encourage kids to think of something else to do that might bring about a better mood.
- **Teach by example.** Keeping your cool and calmly working through a frustrating situation lets you show and teach appropriate ways to handle anger and frustration.