

Parent Team LLC

A company dedicated to EMPOWERING parents with KNOWLEDGE!

Parenting Tips Newsletter

Anger in our children.

April, 2009

Dear Ruth,

"I hate you." "You are mean." "Stupid head." "I wish you would get out of my life."

ANGER!

Anger is perhaps the most uncomfortable emotion for parents to handle when it emerges in our children. This month Parenting Tips will address the topic of anger and how to best cope with it when it rears its' ugly head in children of different developmental levels.

It is important to know that at any developmental level:

anger = fear

I heard years ago that "anger is the mask that fear wears", but did not really appreciate it until I had children. Now that I have witnessed their fear of the unknown, failure or unacceptance manifest in angry words and actions, I understand. I see it in myself as well. When I am cut off in traffic, angry words or jesters come out. However they are masking my fear of getting into a crash or being hurt.

One last general note about anger. Anger tends to act like water, it flows down the path of least resistance. We all know that it is more comfortable to express anger at those we are closest too. As people of significant comfort and unconditional acceptance, we become safe avenues to express these intense emotions. When a child is angry it may not seem like a good thing to that they are the target. However, who else would we prefer they turn to in times of need. The critical factor here is teaching children to express their anger in an assertive manner, that fills their need while remaining sensitive to the feelings of others.

Anger in Toddlers

Developmentally toddlers are walking time bombs of anger. This time of developments is full of frustrations because there is so much they see that they want and so much to do that they can not quite master yet. They are curious, possessive and impulsive by nature. This leads to conflict with the parents needs and intense frustration and anger can result.

Staying calm as the adult is a huge factor in how long a tantrum will last. Try to step back and see the world from your child's point of view. They have a want they see as a need and are trying to fill it. Being told "no" or restrained from the activity is frustrating. Empathy, "I hear you want candy" will gain more ground than, "No candy, no, it will rot your teeth, no." Empathizing and distracting

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Empowering Communication Seminars



Parents are invited to attend one or both of the listed information packed seminars.

Love and Limits for Parents of Children ages 2-11

Learn easy to implement strategies to help set limits and gain cooperation from children ages two to eleven. Ruth will provide effective tools for parents to use to help them feel empowered in day to day life as a parent

Wednesday April 29, 6:30-8:00 PM
Weyers-Hillard Library

Effective Communication with Your Teenager

Learn about important basic developmental and societal issues facing teenagers today and how to effectively communicate with your teenager about these issues. Ruth presents information every parent of a teen should know.

Wednesday May 6, 6:30-8:00 PM
Weyers-Hillard Library

Admission:

\$10.00 in advance or \$15.00 at the door

Advanced tickets can be purchased at Tots2Teens or Townline Cafe in Howard.

should be the two main strategies at this stage. Arguing just fuels the fire and actually trains the child in how to hold his own in a power struggle. This is knowledge they will use against you again and again. Therefore it is best to not teach them in the first place. They learn from their experiences.

Dealing with Anger in School Age Children

By the time children reach school age, they have begun to compare and compete with peers and siblings. "It's not fair" can be heard from the far corners of the classroom to the dining room table. Mistakes are seen as mountains as the child becomes more hyper-critical of him/herself. All this leads to angry outburst to vent frustration.

It is important that parents not take these outburst personally. Even if the child screams, "you are the worst parent in the world", understand that this is how the child test to see what happens when they try to assert power. Certainly this circumstance would be an excellent teaching moment. An appropriate logical consequence for using such unkind words could be the immediate loss of a privilege. I say immediate, because threatening, "the next time you say that....." only invites the child to do it again. If the consequence is given the first time, it is less likely to build up into a pattern of disrespect.

Anger in Teenagers

Anger in teens can be very disheartening, frightening, not to mention confusing. Why do they become so angry? How should we as their parents respond when our teen does become angry?

Teens are caught in a world between the playfulness of childhood and the independence of adulthood. Their bodies are changing so rapidly that they can become very insecure about their looks. Their friends and what others think of them roars to the frontline of the battle to cope with the world. They return to a stage of self-centeredness that can lead to fits related to why the world is not always ready to serve what they see as their needs.

There are several key strategies for parents to follow to deal with anger in teens. First and foremost is to know your teen and be aware of the many different physical and social challenges they face each day. Knowledge is power. If you understand intellectually what you are dealing with, it will help you to remain calm in guiding your teen. Secondly, it is critical to say what you mean and mean what you say. It is confusing to teens and can really add fuel to the fire when we give in one time, but then the next time try to hold our ground. Consistency is difficult to maintain at times when it would be easier and less stressful to just give in. However, the price you pay in disrespect down the road is not worth it.

I have had the pleasure of being a member at Anytime Fitness for six months now and I want to share with you what a wonderful experience it has been. The amazing convenience combined with awesome machines and a super friendly staff make working out a pleasure. I highly recommend Anytime Fitness to anyone who wants the benefits of a big gym without the cost or crowds.

Ruth Fett, Child Development Consultant and Anytime Fitness Member for Life

Please click [here](#) for more information about upcoming **book studies** and events with Parent Team. A company dedicated to empowering parents with knowledge!

Sincerely,

Ruth Fett
Parent Team LLC

OR

Contact Ruth at
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