

This booklet is part of a range of publications produced by Hutton CE Primary School and offered to parents/carers as support materials. Please do not hesitate to talk to our class Learning Mentor Mrs Helen McCollum if you would like further guidance or support.

Booklets in this range

1. Tips for Good Listening.
2. How to give children more confidence.
3. Helping children to get on with each other.
4. Tips to remember when you need to make a stand.
5. Tips when giving your child instructions.
6. How to deal with difficult situations.
7. Tips for dealing with anger.
8. Tips for dealing with dishonesty.
9. Tips for dealing with tantrums.
10. How to help children be good.
11. Childhood Illnesses & head Lice.
12. Tips on using Technology
13. Tips on using Gaming Devices
14. Tips on using Mobile Devices
15. Tips on reward/behaviour charts.



Parent Survival Guides

No 7

Tips on dealing with anger.



1. Try and diffuse a situation, before you feel yourself beginning to lose it.



Our anger can make silly, grumpy and whiney behaviours worse. Try to save it just for big things.

2. Start with the word "We" rather than "You".

"We're concerned/disappointed about the mess in the bathroom, it needs to be cleaned up now."



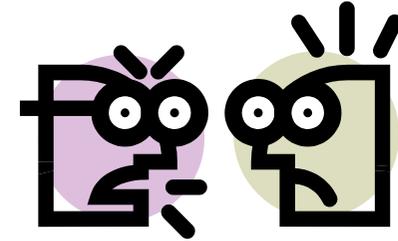
This way we avoid saying damaging things that we might regret.

3. Only promise things that you will carry out.

This includes treats as well as consequences.



4. When you and your child are angry say "Let's talk about it later, we both need some time out so we can think it through".



5. If you have given a consequence, something you regret, give the child a way out without them thinking you are giving in.

Try a "Lucky Escape Box" with lots of jobs written on pieces of paper. The child chooses their own punishment and you get the job done.



6. Life is too short to hold grudges.



Show your child how to make up quickly after a row. Eg a hug, watch a favourite film together, take a walk etc