



Working Through Anger Parent Handout

SOCIAL SKILLS OBJECTIVE: Students will work through and identify where they have been angry, and learn appropriate ways to handle such.

BOOKS: *Cool Down and Work Through Anger* by Cheri J. Meiners, M.Ed.; *When I Feel Angry* by Cornelia Maude Spelman; *When Sophie Gets Angry, Really, Really Angry* by Molly Bang; *Love You Forever* by Robert Munsch; *The Grouchy Ladybug* by Eric Carle; *The Way I Feel* by Janan Cain

GAME: Weathering the Storm

FOLLOW UP AT HOME:

Discuss with your child those things that might trigger their angry feelings. Make a list of the common times he/she has anger issues so they can review it frequently. This will help them remember the tools they have been given to make good decisions.

Find a spot in your home where your child can go to work through angry times by themselves. Identify and use breathing techniques and activities that are soothing to them.

Have your child blow up a balloon. Your body needs oxygen to relax—and when you're stressed, you're likely to take short, shallow breaths. Blowing up a balloon forces you to breathe more slowly and deeply, since you're using your diaphragm. It also activates your parasympathetic nervous system, reducing your heart rate and relaxing your muscles. Another tactic: Tell yourself that every time you open a door during the workday, you'll take a deep breath, Friedman suggests.

When your child is in a meltdown, the best thing a parent can do is to keep quiet. The more you say the worse it gets. Once they are through, they are usually remorseful. The hardest part of parenting our kids is this: "You have to ask yourself, "What does my child need to be successful? - not what does he need to do to be normal." That's not going to happen. The more you learn about parenting a child with a neurological disorder, the better off your child will be.

Don't hesitate to reach out to a specialist.