

STRATEGIES TO HELP WITH AN ANGRY CHILD

Timers:

Timers are a good visual aid to help the child know how long they have left for finishing playing, following an instruction etc. It also helps you to resist the temptation to continually give the same instructions.

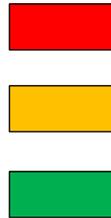


Note:

You can get timers for different lengths of time and in different colours.

Warning Cards:-

Again, another good visual aid. Explain to the child that if he continues to misbehave then he will have a warning (yellow card). If he continues after this then you show him the red card which signifies he needs to go to a designated area. You can use the green card at various times to show him he is behaving well.



Note:

Always be very clear as to what you are using the cards for. Say it to your child so that he understands what he has done to warrant the card.

Calm Down Poster:-

Get your child to help you design a calm down poster. This encourages ownership and can be a visual reminder of what to do if he is angry.



Note:

Try to let him decide what is a suitable way to calm down (although, it has to be realistic). This way he is more likely to follow the suggestions.

Quality Time:-

Remember: You are the reward. Sit down with your child and plan what you will do in your quality time together. It is your attention that he is after and ultimately you are the biggest reward.



Note:

This is not to be confused with 'your' time. However, even though this is a reward, it can still be enjoyed by both of you.

Time to Re-Charge:-

It is important that **you** take care of **you**. It is easy to forget yourself and continue until you're exhausted. When you reach that stage it will be harder to cope. Take time to re-charge your batteries. If you feel good you will be able to deal with problems in a positive way.



Note:

Find things that will help you to re-charge and make a conscious effort to enjoy what you do.