

## - Anger / Emotions

HAPPY & HEALTHY 

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# Helping Kids Cope with Anger

NOT FOR SALE

Children's oppositional behaviours can be stressful. EMMANUELLE MOLLET O'GRADY, child and adolescent psychologist, suggests 10 practical strategies for parents.



## 1 Recognise and validate emotions

Create a safe and non-judgmental space for your child to express themselves. By validating emotions, you're explaining that anger is a natural part of a child's development and can be regulated.

## 2 Encourage open communication

Talk to your child about their feelings and triggers. This will help identify the root cause of their anger.

## 3 Teach and model emotional regulation

Show your child healthy ways to cope by using calming techniques like deep breathing or distraction techniques like listening to music or doing an activity they enjoy.

## 4 Establish consistent boundaries and rules

Be consistent in enforcing firm but fair rules and explain reasons behind them. It helps kids understand the consequences of their actions, and aids in building a sense of security.

## 5 Offer alternative ways of expression

Suggest your child uses words to articulate their feelings instead of negative behaviours. Creative outlets can also help them process emotions constructively.

## 6 Foster a positive and supportive home environment

Offer encouragement and praise, as this can boost self-esteem and reduce feelings of frustration and anger.

## 7 Use time-outs wisely

When your child is overly angry or oppositional, a brief time-out can be used as a form of self-regulation to help calm down.

## 8 Collaborate

Involve your child in problem-solving and potential solutions when conflicts arise. This empowers and helps them develop important decision-making skills.

## 9 Take care of yourself too

Dealing with difficult behaviours is hard. Reach out for support from family and friends.

## 10 Seek professional help

If your child's behaviours don't improve or are impacting the rest of your family, get help. Clinical psychologists can provide valuable insights and support for both the child and the parents.

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