

## ANGER MANAGEMENT IN CHILDREN

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**Introduction**

Anger is a signal emotion in young children. Normally, it indicates a reaction to a danger, and it is also a kind of self-defence. In other cases, anger can be used by children to declare independence. Often, several things can cause anger in children, and can be as a result of aggression. Apparently, young children have a lot of issues to make them angry. For example, because they are young, they are denied the chance to do everything they want to do. As a result, adults guide them and may even force them. It is important to teach children how to control anger as part of anger management in children. Although it is hard for children to master some of the strategies to control anger, it is important to teach them systematically on how to manage anger.

**Comment [E4]:** Excellent introduction.**Point One****Stop**

If a child is feeling uncontrollably angry, it is important to separate him or her from the person who is the cause of the anger. It is advisable that the person responsible for the anger leaves the room. When the anger results in aggression, the best solution is to isolate the fighters. In addition, both sides should be reassured that they are safe and that they can learn to be in control and defend themselves (Ho, Carter, & Stephenson, 2010).

**Comment [E5]:** What do you mean with "Stop"? What is covered in the paragraph does not mention what or how should be "stopped".**Point two****Calm down**

Children should be taught to use some calming measures when they encounter physical symptoms of anger. To manage this situation, the child should be encourage taking deep breaths, distracting him/herself with another activity and drink a glass of water. In addition, the child should be taught how to understand who the person in charge is when they are very angry. This

**Comment [E6]:** I added this.

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will help the angry child understand that someone else is in control (Fetsch, Yang, & Pettit, 2008).

### Point three

#### *Thinking before acting*

**Comment [E7]:** Is it thinking before acting if there is another "anger situation"? What you cover in this part is during the "anger situation" or after?

Older people should encourage children to ask themselves what they need. Similarly, the person should explain to the child that vengeance and retaliation is not helpful in any way. It is worthwhile when the child understands the person who manages their anger. Additionally, the child should understand that their anger cannot automatically change them into bad people. Therefore, the children should be taught how to forgive. Forgiveness helps angry children seek help and move away from the guilty feelings that originate from understanding that the mistake belongs to them (Rice et al, 2008).

#### *Additional points*

**Comment [E8]:** Is this your conclusion or are you going to add a conclusion?

#### *Considering the feelings of the angry child*

Normally, children can start to demonstrate empathy at an early age of three years, but still need a person to guide them. The person who is responsible for managing the anger should try to understand the child's perspective or the reason the child is angry. On the contrary, it is also important to follow through with the consequences of the child's actions. This helps the child to grow up as a responsible person and stop thinking before acting (Rice et al, 2008).

**Comment [E9]:** Can a person manages someone else's anger feelings?

**Comment [E10]:** What consequences a child can have after an "anger situation"?

Again, looking for possible solutions is important in anger management in children. The children should be helped see beyond that hate feeling. The person who is managing the anger should find a compromise that the aggressing parties can agree on. When the anger is a cry for help, a child may appear to be irritable in most cases. This can force the child to cause a fight. If this habit is a short-term behaviour, then it could be as a result of major alteration within the

**Comment [E11]:** What could be other possible solutions in anger management in children?

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family. The relevant expert advice should be sought regarding this kind of anger (Rice et al, 2008).

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## References

**Comment [E12]:** Excellent use of references and sources.

Ho, B., Carter, M., & Stephenson, J. (2010). Anger Management Using a Cognitive-behavioural Approach for Children with Special Education Needs: A literature review and meta-analysis. *International Journal of Disability, Development & Education*, 57 (3): 245-265.

Fetsch, R., Yang, Raymond K., & Pettit, M. (2008). The Rethink Parenting and Anger Management Program: A Follow-Up Validation Study. *Family Relations*, 57 (5):543-552.

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