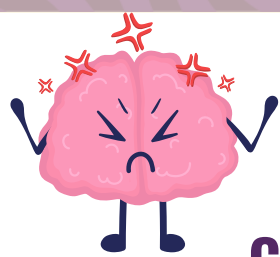


Anger management

Preschool



Anger is a normal emotion. Children need to be supported to learn to manage it. Some children may show frequent outbursts due to their strong temperament or low tolerance to frustration.

Crisis tend to happen when the children:

- Cannot do what they want
- Must do something they don't want to do
- Are overwhelmed by feelings of helplessness, frustration, anger, anxiety or fear
- Are tired
- Cannot accomplish something they want to do on their own
- Lack the words to express themselves
- Learned from experience that a tantrum can help them get what they want
- Want attention

HOW TO COPE WITH OUTBURSTS:

Try to calm and soothe

Name their emotion, but don't insist. They're likely not in a state to listen to you.

Observe from a distance

It's normal to experience anger, so it's okay to let them live their emotion(s) without intervention, unless you need to ensure their safety.

Remain calm during the outburst

Getting angry with your children will only make things worse. So if you raise your voice, they will scream louder, not to mention you may also scare them.

Wait for your children to calm down

When your children are in the midst of an outburst, they are not receptive to your words. When they are calm, help to talk about what happened, how they felt, and what caused their anger. If they don't speak yet, speak for them.

Don't isolate your child

When they are having an outburst, it could increase their anxiety. Stay within their line of sight, as they may also feel overwhelmed by their own reactions.

Don't give in

Even if it's tempting to give them what they want when they hit and shout in public. Even if you only give in once or twice, they will learn that their outbursts are an effective way to get what they want.

Don't worry about what others think

Focus on the best way to handle the situation and remember that there are no perfect parents.

PREVENTION

Meeting their basic needs

- Establish and maintain a consistent routine.
- Avoid letting your child become too tired or hungry.
- If you're taking them somewhere they may find boring, consider bringing along activities to keep them occupied.

Act before the first signs of anger

- Make sure your children are having fun with age-appropriate toys.
- Put items they should not touch out of their reach and, if possible, out of their sight to avoid temptation and eventually, tantrums.
- Divert their attention when you feel their anger rising, or take them to another room.
- Find strategies to prevent their usual triggers.
- When going out together, prepare your children for what to expect.

Encourage other ways to express anger

- Help your children to express their emotions in words and tell you how they are feeling.
- Be patient and try to set a good example.
- Praise your children whenever they succeed in expressing their negative emotions and needs with words rather than tantrums.

Teach other ways to vent their emotions:

Hitting a pillow to release anger, drawing angry pictures, crying, screaming or running outside, Using a stress ball, giving a hug to mom or dad, doing meditation, breathing exercises, etc.

Tips

They are many tools and techniques that propose various ways to manage anger.

**SYNAPSE
360**



**Accompagnement
TDA/H & SGT**

For more tips and tricks on managing anger in preschool, don't hesitate to contact us!

Sources:

1. [Un outil pour exprimer la colère de manière respectueuse \(apprendreaeducuer.fr\)](#)

2. [Crises de colère: les comprendre pour mieux intervenir \(naitreetgrandir.com\)](#)

3. [Temperfr.indd \(educationspecialisee.ca\)](#)