

How to support your child when they're angry

Remember to **BREATHE**:

Be calm. Learn to pause before reacting.

Remove them from their situation to help them to calm down.

Explain that you can see they're angry and you want to help them.

Acknowledge their feelings. (This doesn't validate their behaviour, it shows empathy).

Let them **Talk** while you listen.

Hug them to provide the security they might need.

Explain that their feelings are normal and ask them what they could have done differently.

Helping children to reflect on their actions and thinking about how you react will encourage them to approach similar feelings in the future. It may take some practice, so don't put too much pressure on yourself!

