



ACT Raising Safe Kids
Parent and Child Anger



CCRC cultivates child, family and community well-being.

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Goals and Objectives


Goals:

- Understand how anger develops and in what ways it can be managed and controlled.
- Help parents understand anger in children and in what ways they can help their children resolve conflicts and control anger.

Objectives:

- Discuss and review the topic of anger in parents and children
- Provide resources for café participants.

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Introduction

The Adults and Children Together (ACT) Raising Safe Kids Program was developed by the *APA Violence Prevention Office*. The program was designed to make early violence prevention part of every community's efforts to prevent violence and educate and empower families to create safe, stable, nurturing, and healthy environments that protect children from violence and maltreatment.

To accomplish these goals, the program is designed to work with a variety of organizations and to train multidisciplinary professionals to become *ACT Facilitators* and to disseminate knowledge and skills on early violence prevention and positive parenting practices to adults who raise and care for children birth to 8 years old.


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Three Central Themes

- Knowledge and beliefs about child development
- Role of relationships
- Parenting skills

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Understanding Parent Anger

Anger is a normal emotion felt by everyone. It is important to identify what triggers anger and what can be done to manage and control those feelings.

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graph LR
    A[Triggers of anger] --> B[Expressions of anger]
    B --> C[Consequences of not controlling anger]
  
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RETHINK Model

- R**ecognize when you are angry
- E**mpathize with the other person's feelings
- T**hink about the situation in a different way
- H**ear what the other person is saying
- I**nclude "I" statements
- N**otice your body's reaction
- K**eep your attention on the present situation



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Anger in Children's Lives

- Basic needs not being met.
- Feel something is not fair and they are being ignored, rejected, punished, misunderstood, discriminated, or criticized.
- Age makes a difference; they show anger differently at different ages.

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Teaching Young Children to Control Their Anger

- Brains are not fully developed.
- Act according to age and stage.
- IDEAL Model



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Connect to Café Experience

Knowledge /Knowledge of Parenting and Child Development

- What responsibilities can you give your child to help them feel a sense of accomplishment and confidence?
- What do you teach your child(ren) about bullying and/or violence?
- If you could go back in time, what parenting advice would you give your younger self?



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Wrap-Up

- Anger is a normal feeling that we can understand and control.
- Children also experience anger and express their feelings in ways that depend on their age and development.
- Conflicts are common among toddlers and school-age children.
- Children can learn how to control their feelings.
