



# Effective Parenting

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## CHILDREN ANGER MANAGEMENT TIPS

Kids with unmanaged anger can grow up to face big problems. That is why it is so important to help your child learn to process negative emotions in appropriate ways from an early age. Even toddlers can learn a little bit about self-control, although tantrums to a certain extent are bound to occur. Here are some children anger management tips that may help your family enjoy a more peaceful home environment.

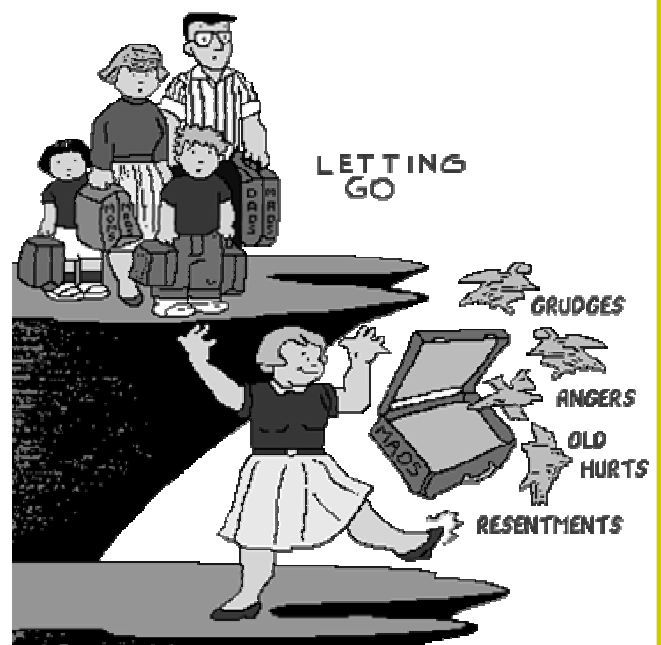
If you have toddlers or even preschoolers, you know that they are still learning to control their tempers, especially in public. It is important to remain calm during tantrums and outbursts, but also to be firm and consistent in issuing discipline so your child will take you seriously. Young children anger management tips include timeouts and distracting little ones from disgruntled emotions when they threaten to burst into angry behavior.

### Teen Children Anger Management Tips

When dealing with teen children anger management tips, you may have to substitute diplomacy and tact for discipline in this age group. Learn how to be a good listener, quietly asking your son or daughter about their day at school, friends, social activities, and concerns or problems. When you see that they are visibly upset about something, calmly explore that area by asking more focused questions or inviting discussion. In addition, you may want to talk about acceptable ways of expressing displeasure or irritation, such as avoiding certain situations, politely asking for substitutions, or suggesting alternative ways of doing something. Let your kids know in clear terms which behaviors will not be tolerated, such as the use of profanity, throwing things, slamming doors, or refusing to cooperate with housework or homework. You can post the rules on the refrigerator and even invite your teen to help write the guidelines, along with suggesting appropriate consequences for infractions.

Teen children anger management tips might include rewards for self-control and appropriate anger processing. Rewards could be extra time on the computer, telephone, or television or reduced household chores for that week. Kids need to see a balance between love coupled with forgiveness and discipline linked to consequences. Let your teens know you are on their side, but that as they mature, they must become responsible for managing emotions, including anger, in adult-like ways that are socially acceptable.

Raising kids is harder than ever these days. Questionable or negative role models, me-centered self-gratification, and dwindling social restrictions encourage children to express unrestrained emotions.



## TEACHING YOUR CHILD TO BE ETHICAL

Every parent would love to draw an imaginary halo around his child's head. Especially if it came with the behavior to go with it. Unfortunately, there will come a time when your child will lie. Or cheat. He's only human. It's a parent's job to set up a system of values, and then enforce those values every day.

Trustworthiness - Be honest. Be reliable - do what you say you'll do. Be loyal.

Respect - Treat others with respect. Be tolerant of differences. Use good manners, not bad language.

Responsibility - Do what you are supposed to do. Use self-control. Be self-disciplined and accountable for your choices.

Fairness - Play by the rules. Take turns and share. Be open-minded. Don't take advantage of others.

Caring - Be kind. Be compassionate. Express gratitude. Forgive others. Help people in need.

Citizenship - Do your share. Be a good neighbor. Obey laws and rules. Respect authority. Protect the environment.

Teach your children that character counts - that their success and happiness will depend on who they are inside, not what they have or how they look.

Enforce your values by rewarding good behavior (usually, praise is enough) and discouraging all instances of bad behavior by fair, consistent consequences. I.e. every lie should be treated in the same way and have the same consequence.

Be an advocate for character. Don't be neutral about the importance of character or casual about improper conduct. Be clear and uncompromising that you want and expect your children to be trustworthy, respectful, responsible, fair, caring, and good citizens.

Finally, model the behavior you'd like to see in your child. Be careful and self-conscious about setting a good example in everything you say and do. Everything you do and don't do sends a message about your values. And you're bound to slip up, so be accountable when you do. For example, even though it may seem that your lying about your child's height to get him on an amusement park ride is insignificant, you're actually teaching him that it's okay to lie to get what he wants. **"Whatever you allow, you encourage."**

Building character doesn't happen overnight. It's certainly not easy, and there's always room for improvement. If you're unsure about where to begin, start with trying to do the right thing in every situation. Little by little, by modeling the behavior you'd like to see in your child and policing yourself in tempting situations, you will show your child how to live the values you deem important.

### *Our Purpose*

*Understanding how stressful life is and living in a demanding community, we offer busy parents some effective tips to help your children succeed in school and life. On your behalf, we search for and provide you with the most practical ideas to promote academic success, effective parenting, a solid home-and-school partnership, healthy habits, and positive character traits.*