

11

**EFFECTIVE CHILD ANGER  
MANAGEMENT TIPS**

<http://www.ManageYourChild.com>

by Jamie Sullivan

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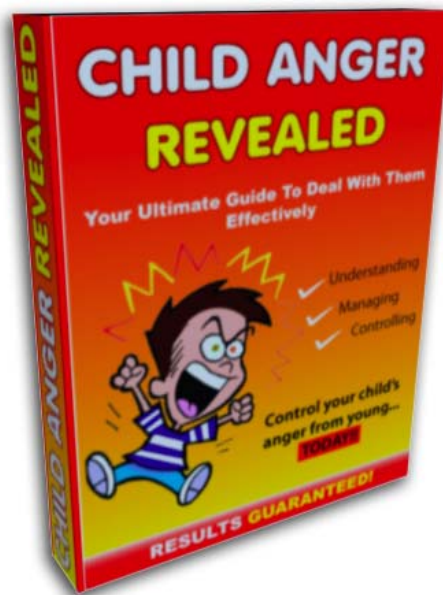
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**"Who Else Wants To Find Out Why They Often Failed Miserably To Handle Their Aggressive Child's Behavior?"**  
(And How You Can NOT Be One Of Them!)

"Are You Ready To Learn The Little-Known Methods How An Ordinary Mom Taught Her Aggressive Child All About Anger Management?"



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## INTRODUCTION

Moms all over the world have a difficult time managing their children. I have the same experience as you too. Very often, we blurt out unnecessarily at our children in anger and thereafter resent our actions.

We try not to spoil the moods of our children but sometimes circumstances beyond anyone's control get the better of us and we are unable to put up with the mischief and disobedience of our children.

### **Have you experienced the same thing?**

Even the best of moms can lose her temper on any day.

That's the truth.

Although such behavior is but normal for any human, yet you can lower the incidence of your anger. Regular outbursts or incapability to put up with your child's tantrums can pinpoint towards a graver problem with you as a mom.

Regular outbursts of temper could indicate depression or problems of anxiety in you or your child.

Arousal of anger in you could be due to stress, any financial problems, lack of sufficient sleep, hunger, or because of your illness.

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I guess you know yourself much much better than me.

These factors inhibit you physically and you display your inabilities as anger on your children in return.

Here are a few anger management tips which could work wonders for you.

### **1. Move Away From The Scene**

1. When you feel your anger increasing alarmingly, try your best to move away from the scene.
2. Staying in the angry situation will only make things worse.
3. Cool down yourself first, that is the most important part.
4. Practice some deep breathing and counting exercises to bring down your tempers.
5. You can try to count slowly from ten to one. Or if that doesn't work, try counting downwards from one hundred.

### **2. Set Aside Sufficient Time To Relax Yourself**

1. You must relax your body, and most importantly your mind.
2. Take breaks in between your daily chores and plan your day ahead to avoid disappointments and pursuant anger.

### **3. Identify Your Anger Triggers**

1. Sit down alone and identify your anger triggers.
2. Make a plan to deal with them effectively. Think back of the situations that you were angry, the cause and how you managed to deal with it.

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3. Make sure you have adequate planning beforehand and this can minimize the effects of anger triggers in you.

### 4. Think Back of Your Angry Situations In The Past

1. Again, think back of your angry situations in the past.
2. Go back into your thoughts and listen to what you said in your anger.
3. What you've said in anger is mostly not what you want to say intentionally.
4. Additionally, it is also important that you would not like to set an example of a yelling mom to your children.

### 5. Don't Worry About Apologizing

1. There is **nothing wrong** in apologizing to your children and saying sorry to them – as a mom.
2. This will in return helps to keep your temper in check in future.

### 6. Maintain A Regular Regimen of Physical Exercises

1. Go for regular walks with your children. This lowers your stress levels and you will not get angry quickly.
2. Besides, **regular meditation** helps you control your emotions. Such walks also bind your relationship with your children better.

### **7. Practice The Way You Would React**

1. Practice or rehearse by yourself what would your reaction be if your children misbehave.
2. Try out different angry situations and try to adhere what you have practiced in real events. This lowers incidence of anger indirectly.

### **8. Pause Before You Say Anything**

1. Take a few minutes off before saying anything to your children.
2. You could use these few minutes to calm your frayed nerves and to regain your cool.
3. Sometimes anger could be due to frustration. You feel angry if children do not live and perform to your expectations.
4. You feel to be a failure as a parent. Sometimes hurt feelings also are the cause of your anger.

### **9. Have Efficient Support System**

1. Maintain an efficient support system to take care of your kids during stressful times or if you are busy with some work and do not want any disturbance.
2. Such support system could be your family, close friends, a moms group, or a church.

## **10. Have Time For Yourself**

1. Set aside a particular day or time of the week for yourself. Leave your children with your husband or someone else and indulge in yourself.
2. This could act as a huge destructor and you can come back fully refreshed and full of energy.

## **11. Aromatherapy**

1. [Aromatherapy](#) at home fills your home with beautiful scents, which have a calming effect on your emotions. Such scents create a peaceful atmosphere in your house and you are free of angry outbursts.

## Some Final Words

I hope you have gained some really useful knowledge, ideas and insights from this report.

Not forgetting also the tips and techniques that you can apply yourself when you're facing with your angry children.

I will cover a whole lot more topics about Child Anger Management in my eBook called **Child Anger Revealed – Your Ultimate Guide to Deal with Them Effectively.**

You can get your **FREE 5-Days Child Anger Management Mini-Course** and more information on this book at the main website.

<http://www.ManageYourChild.com>

Warmest Regards,

A handwritten signature in black ink that reads "Jamie Sullivan". The signature is written in a cursive, flowing style.

Jamie Sullivan,  
Author of Child Anger Revealed  
<http://www.ManageYourChild.com>

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