

Happy Kids

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Dear Parents,

How do we manage angry kids?

Children who can learn to manage their anger have a head start on handling fears and other emotions.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged, as we see no place for it in homes, schools or community.

There are four ways anger is dealt with and only the fourth one in this list should be considered healthy:

1. **Muzzle it** - Bury anger deep down and it will go away is the attitude! This doesn't work for many children as anger just simmers and doesn't dissipate.
2. **Muscle it** - Some children lash out physically so that a friend, sibling or parent literally feels their anger.
3. **Mouth it** - Verbal abuse is usually hurtful and backfires on the angry person.
4. **Manage it** - Anger can be expressed in ways that are not hurtful to anyone including himself or herself.



Do you have a child who is often angry or aggressive?

Help is at hand - the **Parent Well with the Mood Meter Program** is coming.

A special announcement later this week will give you all the details, *the first in a series of online courses to teach you how to develop emotional intelligence in your kids.*

The Mood Meter is a brilliant tool to empower kids to recognise and then respond to how they feel.

So look out for the next email with all the registration details!

Here's to great parenting and exceptional kids,



Michael Grose

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