



ADULT ANGER ADVICE

As an adult dealing with an angry child, it can be difficult to avoid becoming *'hooked'* by their behaviour, and start becoming angry too.



IF YOU'RE STRUGGLING

If you are struggling to deal with an angry child or anger yourself, then please contact Gemma at [HHSWELLBEING.COM](https://www.hhswellbeing.com) to arrange a consultation or view our useful resources on mental health & well-being.



Dealing with an *Angry Child*

COLLABORATION WORKS!

Don't take it personally, even if the anger is directed at you, it is not always going to be because of you.

Avoid becoming hurt or angry yourself, **try to step back** for a moment.

It is **easy to damage relationships** by 'bearing a grudge' for what someone has said or done.

It will be hard for you to **make progress** if you are still angry about something done a long time ago.

Try to keep their anger in perspective. None of this is easy when your **own feelings are hurt**.

You may need some **time to yourself** after you have calmed the child down, in order to deal with your own feelings.

It is important to not feel alone in this. You may need to talk with others about how you feel.

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