

E.J. Moss Counselor Connection

EJ Moss Intermediate | Lindale ISD

Is My Child's Anger Normal?

Anger is a normal and healthy emotion and most children will experience meltdowns or tantrums as a result of it at some point. While these behaviors are not uncommon, there are strategies you can work on with your child to decrease their occurrence.

Here are a few techniques that you can use to help your child calm down from a tantrum, and prevent them from happening in the future.

- **Figure Out Your Child's Triggers:** Once you understand what triggers your child's anger, you can work with them to develop solutions to these issues.
- **Stay Calm:** Angry responses to your child's outbursts can further escalate their already heightened emotions. Providing calm responses, however, models the behavior you would like to see from your child.
- **Don't Give In:** While it may be tempting to give in to your child's wants simply to end the tantrum, doing so can increase the likelihood of this behavior occurring again. Stay firm and consistent in your rules and expectations.
- **Ignore Negative Behavior and Reward Positive Behavior:** Avoid giving attention to minor problematic behaviors, and instead, focus on praising the positive behavior you'd like to see more of from your child.
- **Provide Consequences:** Make sure that your child is not only aware of the consequences that they will receive for negative behaviors, but also that they know you will follow through with these consequences when necessary.
- **Talk After the Tantrum Ends:** Trying to reason with your child when their emotions are heightened is typically not effective. Instead, wait to have a conversation with them until their meltdown is over.
- **Build a Calm Down Toolkit:** Ensure that your child is prepared to deal with anger by equipping them with self-soothing tools, such as deep breathing strategies.

To read the Child Mind Institute full article, please click on the following link: [Is My Child's Anger Normal?](#)

What's in this month's issue:

- Is My Child's Anger Normal?
- SEL Featured Topic
- Try it at Home!
- Resource Highlight: Cool Koala

SEL Featured Topic: What to do When Your Child Says, "My Friend is Mad at Me."

Excerpts from Kids First Blog: What to do when your child has a fight with a friend. [Click here to read the full article.](#)

- **Stay Calm.** Take a deep breath and encourage your child to do the same. Try to resist the temptation to pick up the phone or send an email right away.
- **Show empathy.** In the midst of their hurt and anger, your child needs to know that you "get it." Try using words like: You look hurt and angry. From what you're saying, it sounds like a difficult situation. I can see that you don't understand why they did/said that.
- **Help your child understand what they can (and cannot) control.** In elementary school, children are just learning that they can only control themselves. Try saying: Can you control what your friend says or does? Can you control who they choose to play with? Who can you control? That can lead to: Why don't we work on things you have power over.
- **Help your child find other options.** By talking through options, you can help your child avoid negative actions like: spreading mean stories, telling other friends they must choose sides, getting physical, or declaring they will never be friends with this person again. Instead suggest to your child that they can stay friendly, they can try playing with new people and they can be open to exploring different activities at recess.

Remember to reach out to your child's teacher and school counselor for support.

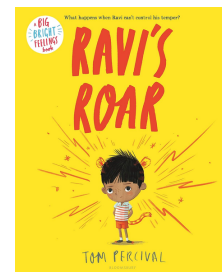
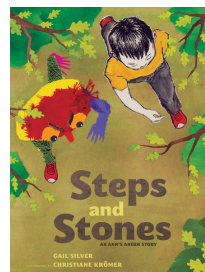
Try it at Home: Creating a Calm Down Box



Having a Calm Down Box can be a helpful strategy to help your child manage anger and other big feelings. Enlist your child's help in selecting the items that would be calming for your individual child, then model and practice how to use the box. Be sure to frame the Calm Down Box as a strategy, not as a punishment.

How to Make a Calm Down Box in 5 Minutes.

SEL Books of the Month



Resource Highlight Of the Month: Cool Koala: Bedtime Meditations for Kids



Bedtime can, at times, be a point when all the angsts of the day come flooding back, causing your child to have difficulty falling or staying asleep. According to the Cool Koala website, your child (and your whole family) are invited to join us and Cool Koala for these fun, 5-minute meditation sessions. Free and a fee based options available. To learn more, visit <https://www.coolkoala.co/>

Upcoming Dates

- 3/5: 5th grade TELPAS (Listening & Speaking)
- 3/6: 4th grade TELPAS (Listening & Speaking)
- 3/7: 6th grade TELPAS (Listening & Speaking)
- 3/8: 5th grade "puberty" talk

- 3/11-3/15: Spring Break
- 3/25: 4th grade Sky Ranch Trip
- 3/26: Spring Individuals/
Classroom Group Pictures
- 3/28: UIL Celebration
- 3/29: Student Holiday