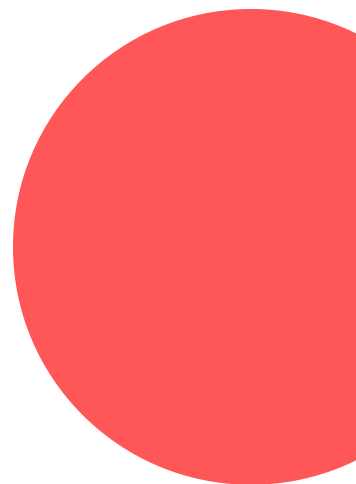


**Enabling  
Every Child  
to Thrive**

# **- Anger Rules - What They Are & How to Use Them**

a guide for parents, carers and other  
supporting adults



# Introduction


It's okay to  
feel angry...  
it's not okay  
to...

Like all of our feelings, anger is a perfectly valid feeling. We need to be careful to help our children understand this and to realise that it is okay for them to feel angry sometimes.


We can fall into the trap of thinking about 'good' and 'bad' feelings - but actually, no feeling is bad, it's what we do with it that might make it bad.

So it's okay to feel angry... but it's maybe not okay to shout or spit or throw our toys around, or be cruel to our sibling... you get the picture.

If you have a child who often experiences BIG feelings of anger, then introducing anger rules will help both you and your child and can help to keep things safe for everyone too.



*Introducing anger rules will validate how your child is  
feeling whilst keeping everyone safe*



# Why and When?

Introducing anger rules will help to keep adults, children and things safe....

Anger rules are worth considering if your child is regularly angry or aggressive.

The most important thing to remember when it comes to introducing anger rules is



**You need to introduce anger rules at a time of relative calm, not when things are blowing up**

*Calm  
Child*

*Calm  
Adult*

If your child is regularly angry or aggressive, anger rules are worth considering


Introduce  
anger rules at  
moments of  
calm

## Moments of Calm

It's vital that both your child is calm and that YOU are calm too when you come to discuss anger rules. Otherwise you'll make no progress.

If you try to discuss them in angry moments, you'll both make each other more and more angry and the conversation will disintegrate.

Instead, at a time of relative calm, peace and happiness, think with your child about how to manage those moments when things are less than idyllic.



*It must feel really hard when you get very angry. I was hoping we could talk a little bit about how I can help you and how we can both stay safe in those moments?*

# Keep it Simple

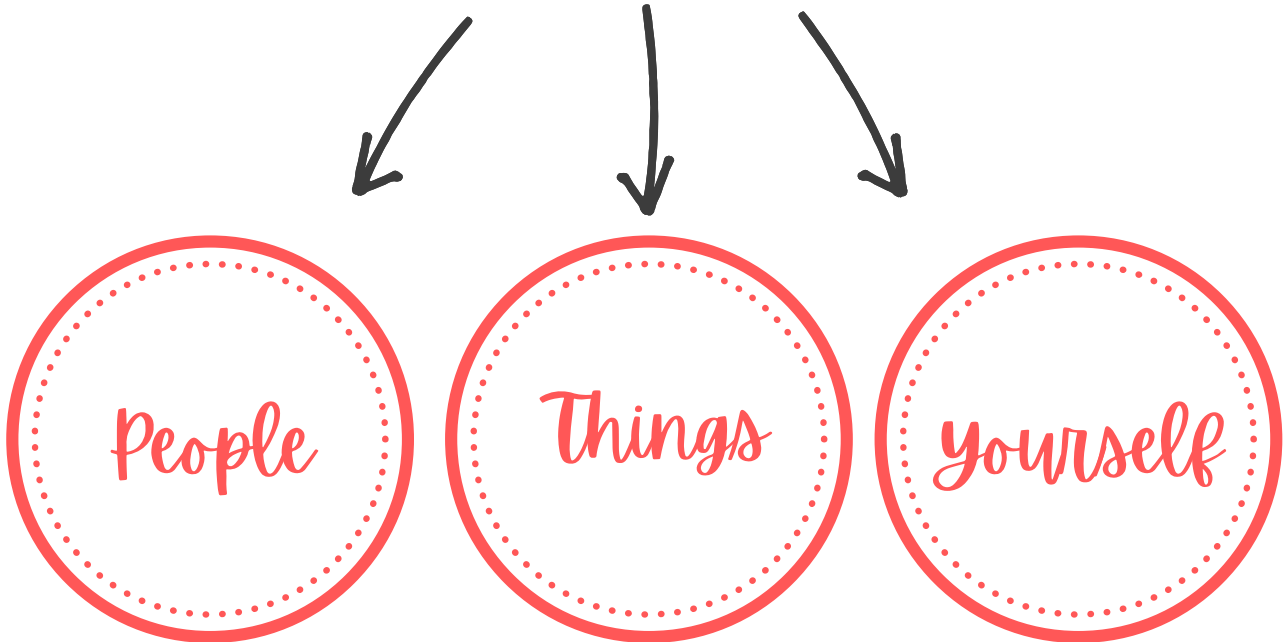
Keep your anger rules as simple as possible.

You can adapt them to suit your situation, but my go-to anger rules are:

The simpler your rules, the easier it is for your child to live by them

## It's Okay to feel ANGRY

### It's not okay to hurt




Explore what we mean by the word 'hurt'


## Definining 'Hurt'

Depending on your child's level of understanding and the form that their anger tends to take, you might choose to explore what we mean by the word 'hurt'.

We generally assume 'hurt' to refer to the act of physically hurting or damaging someone or something, but sometimes when we are angry we hurt people with our words or actions too... it may be important to you and your child to explore the different forms that hurt might take and why we should be careful to avoid hurting others or ourselves.



*We don't hurt people with our fists and we don't hurt people with our words. That includes not speaking to or about ourselves with mean words*



# Works Best When

It's important that you find the way that works best for you and your child for developing and using your own anger rules, but a few things that can really help include:

Anger rules work best when agreed with your child, rather than done to them

## - Together -

Work together to develop rules that work for you both. Your child will be far more motivated to follow rules that they feel they had a part in developing and which make sense to them

## - Display -

Having a visual reminder of your anger rules can be super helpful. This can enable us to revisit them both in times of calm and reflection and when we most need them

## - Role Model -

It's important that you role model the use of your anger rules too. Your child will follow them better if they can learn how by watching you and they can see that you have the same expectations of yourself. It can take a while to get out of the habit of using mean words about ourselves...

Enabling  
Every Child  
to Thrive

- Thank You! -

Thank you for all you're doing for the children you work with or care for. I hope my resources are helpful - if so, please share them far and wide.

If you'd like to support my work, you can do so by sharing my resources; by joining me on Patreon for £1 a month or by inviting me to speak at your setting or event or to deliver a webinar.

Pooky x

