

## Messages to parents

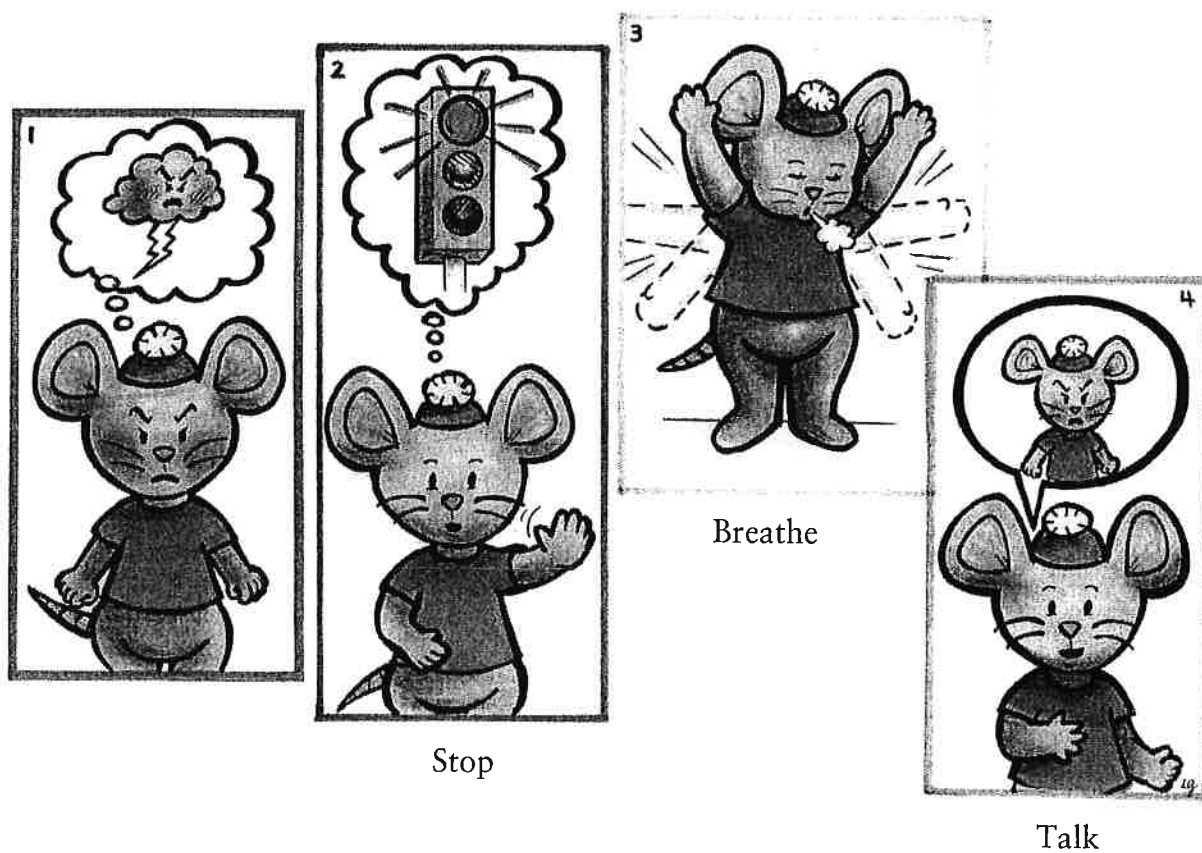
### WORKSHOP 14

## Dealing with anger

Dear parents,

*Minipally* talked to us about his friends Grady, Max, and Tickle. Even though they're all different, they can all get mad, just like *Minipally*. *Minipally* told us how his friends manage not to hurt others or break things even when they are red with anger. Now that they recognize when they are mad, they have found ways to control their anger.

My teacher would like to know how I deal with my anger at home, so that she can help me manage my anger responsibly at daycare.





**Minipally**  
Suggestions for parents  
Workshop 14: Dealing with anger

My child is learning ways to deal with her anger and to express it peacefully.

- I set the example. When I become impatient because of a bank machine that is out of order, the car that won't start, or some other frustrating situation, I name what I am feeling: "Oh, no! It makes me mad that the car won't start, again. I'd better take a deep breath to calm down. Okay, now I'm going to call the garage."\*
- When I see my child getting angry after being told "no" at the store, I say, to help her: "I see that you're angry. You can take a deep breath." I continue saying no, even though she is mad. I highlight the child's efforts when she says "I want, I want" instead of throwing herself on the ground. I acknowledge that it's difficult for her to be told "no" and that, now, she is able to say: "I'm mad, this is hard."\*
- The parent tells a story in which an angry character manages to express her anger or to use another means such as stopping, breathing, saying what made her upset, walking away to calm down, playing with a different toy or negotiating.
- The parent listens to the child who explains why she is mad. Talking to an adult is the first step; talking to the person at the source of the frustration is one step further. The parent invites her child to tell that person what she just told her.

\* Translated from Sylvie Bourcier, *L'agressivité chez l'enfant de 0 à 5 ans*. Montreal: Éditions du CHU Sainte-Justine, 2008.