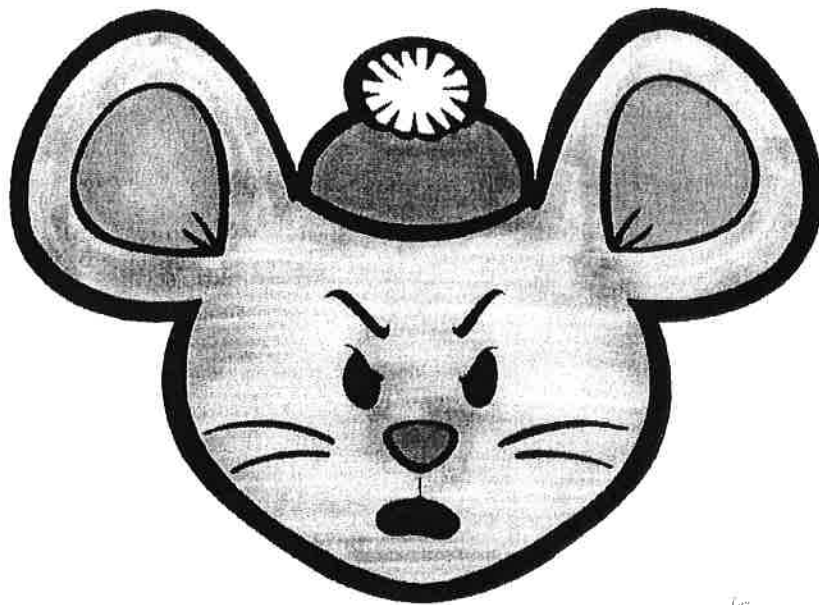


Messages to parents

WORKSHOP 8 Feeling angry

Dear parents,

Today *Minipally* showed us a picture of himself when he was very angry. It was the first time I ever saw him with harsh eyes and frowning eyebrows. He explained that one of his friends had taken his toy, and he spoke very loudly. It made me feel better to see that *Minipally* gets mad sometimes too, just like me. I like it when you help me understand that the big monster taking hold of me is anger. When you tell me what made me mad, I feel understood, and I learn to say what is happening to me. Can you help me identify when I am angry?



Legman



Minipally
Suggestions for parents
Workshop 8: Feeling angry

My child is learning to recognize anger in others when they talk loudly or frown. She is learning to recognize her own anger and to express it verbally. Gradually, she is associating her anger with a situation experienced.

- I set the example. I express my anger to my child: "Melanie, right now, I'm very angry."
- I understand what my child means when she is angry and tells me: "You're not nice. I don't like you anymore." I answer: "I understand, it's because you're angry. You're talking loudly, you have angry eyes." In this way, I allow my child to feel her anger and I guide her in expressing it.
- I use these times when my child is frustrated to help her express her anger verbally.

Examples*	
Anger following a "no"	"I can see from your eyes and from your feet stamping the ground that you're angry. You know, you can tell me: 'Mommy, I'm angry that you said no. I want this or that . . . I'm mad, mad.'" I accept her angry tone of voice. She is expressing her anger with words and that requires making an effort.
Anger following a reprimand	"I can't accept such and such an action, but I still love you (reassure about love). You can tell me: 'Mommy, I'm very angry that you won't let me . . .'"
When children are fighting	"Sebastian, I can see that you're very angry. Matthew took your truck. Come, let's go tell him together." I offer my child a model: "Matthew, look at Sebastian's angry eyes. He's mad, he wants to tell you. Sebastian, say to him: 'Matthew, I'm mad, you took my truck.'" Then I congratulate my child for having been able to express his anger. I help him resolve the dispute (problem solving).

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