



### Tips for Dealing with Red-Hot Emotions

Parents have an important job to do helping our children understand their feelings. Feeling sad or glad, being scared or made are powerful emotions we all experience. It's easy for children to become overwhelmed or angry when they get upset or are faced with frightening or scary situations. Children who don't know how to control their anger are more likely to fight. Help them think through and predict the consequences of getting made. Teach children how to calm down and talk over problems.

#### Additional Tips:

- Everyone gets mad, yells, or is really angry from time to time. But remember, anger isn't permanent. Anger is a powerful emotion, but it doesn't last. No one can stay mad forever.
- Share your pain, fears and confusion. In the midst of a conflict, express these feelings rather than your anger—and don't start fighting.
- Find ways to break the tension. Change the physical dynamics of the situation. Take a deep breath, count to 10, count to 10 again—this time backwards. Move around, drink a glass of water, or go for a walk. A change of scenery helps to clear the air.
- Once you've calmed down, think about the problem with a clear head. Use your mind, not your muscles. When your brain's in gear, your heart will stop pounding, and your body will quit shaking!
- Own up to your part in an argument. Apologize if you hurt someone. Mean what you say.
- Take constructive steps to solve the problem. Be fair. Come to a joint agreement on a solution.
- Follow through on what you agreed to. Keep your promises.

**YOU HAVE THE POWER TO KEEP YOUR CHILD FREE FROM VIOLENCE IF YOU:**

- **SPEND TIME**
- **SHOW LOVE**
- **COMMUNICATE**

Source: US Department of Health and Human Services