

# Anger management advice

Anger is a natural human response, especially when faced with a stressful situation. However, it's important to maintain control whenever possible. By finding positive ways to cope with negative emotions, you can ensure your child feels loved and supported at all times.

## Recognise your triggers

- Think about what causes you to get angry. Is it triggered by a particular experience or situation? When you understand why you get angry or stressed, you can find ways to avoid it happening
- For example, if you get angry when you are tired or hungry, try to get enough sleep each night and eat regular meals
- Think about how you react when you are angry, and what you could do differently in order to calmly respond to difficult situations
- Read our **Looking after yourself** tip sheet to find ways to support your mental wellbeing

## Positive feedback is so important

Praise your child's efforts and your own efforts to manage your anger, no matter how small. This will help you feel more in control and help build your child's confidence in their ability to manage their anger.

## Know when you need a break

- When you feel yourself getting stressed or angry, take a 10-second pause and slowly breathe in and out five times. This should help you to respond in a calmer way
- If you can, put some distance between yourself and the situation that's making you angry. Step into another room or go outside for 10 minutes to give yourself a chance to regain control of your emotions
- If you are getting angry because your baby won't stop crying, it's okay to leave them on their back in a safe place, like their crib, and take a short break. Go back to check on them every 5-10 minutes

## Take care of yourself

- Managing anger in a positive way sets a good example for children and helps them feel safe and secure, so develop some coping strategies that can help you maintain control
- Talk to friends, family members and anyone else who can offer support — it's important to feel connected and encouraged
- Reflect on something that made you feel angry and try to learn from the experience. This should help you handle a similar situation should it happen again

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These evidence-based parenting resources were developed by Parenting for Lifelong Health in collaboration with [UNICEF, WHO, and other international agencies](#).