



# 10 Ways to Neutralize Your Child's Anger

**Anger is a natural human emotion; it is not inherently bad. In fact, teaching your child to express his anger productively — and then let it go — is a critical step on the road to emotional maturity. Get started with these 10 strategies.**

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## 1. Exercise away hostility.

One potent tonic for the brain is physical exercise. It promotes healthy brain function, including the ability to control aggression.

## 2. Put feelings into words.

Children lose control when they're unable to articulate frustration. Just saying, "I'm really angry" can stop anger from turning into violence.

## 3. Curb electronics.

Screen time precludes more useful exercise and face-to-face social interactions. Some electronic use is fine, but avoid excess at all costs.

## 4. Teach that anger is a signal, not an outcome.

Stopping and asking, "Why am I angry?" makes it easier to control that feeling — and ask for help.

## 5. Practice compromise and negotiation.

Collaborative problem solving — with your child's input — will help her feel heard, understood, and less likely to explode.

## 6. Look for comorbid conditions.

Mental and physical issues — like conduct disorder or seizure disorders — can manifest as uncontrollable anger.

## 7. Keep notes.

Take a few minutes every day to document your child's anger. Documentation may help to identify a pattern that suggests effective interventions.

## 8. Skip physical punishment.

The days of spanking are long gone. Physical punishment will only worsen a child's anger.

## 9. Be the boss.

That doesn't mean you should run your family like the Marine Corps. But children do better knowing that parents are in charge.

## 10. Talk it out.

If none of these suggestions help, talk to people you trust or find an ADHD support group for parents. It can work wonders.