

When Your Child Gets Angry

1. Use your Pause Button to calm yourself.

- Stop (what you're doing.)
- Drop (your agenda, just for now.)
- Breathe (which gives you a choice about how to respond.)

2. Remember you're the role model.

Your job is to calm the storm. If you respond with anger, your child will get more dysregulated. Don't take it personally.

3. Listen, and Acknowledge your child's perspective.

Your child needs to feel heard, even if you don't agree with them. Rage doesn't begin to dissipate until it feels heard. Once your child feels understood, she doesn't have to escalate.

4. Summon up all your compassion to create safety.

Softening yourself makes it safe for your child to surface the more vulnerable feelings driving the anger, so the anger will no longer be necessary as a defense.

5. Wait to teach until your child feels re-connected and regulated.

You may feel an urgent need to set your child straight, but that's your "fight or flight" talking. You'll be more effective once you both calm down. (Don't worry. You know where he lives!)