

Tîm Camau Bach Tips on Temper Tamers!



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- Important: Listen to your child. He/she is trying to tell you about being upset.
- Recognise and respond your child's communication and triggers for anger.
- Try responding with "ah you wanted to....." I understand. We will work this out.
- Offer a tool for your child to manage the anger such as squeeze ball /bubble wrap to pop.
- Use exercise as a way to release anger: Running/Jumping on the trampoline/bouncing on a yoga ball/trip to the park.

Teach your child the PAWS method: -

- P- is for pause or stop
- A – always take 3 deep breathes
- W – Walk away if you are still mad.
- S – Seek a quiet place on your own or an adult for help.

Limit the amount of violent games and films/tv your child watches or plays.

Try singing; It will help you cope, and your child will suddenly stop!!!

Try taking time when your child is not having a temper to read a book about anger/play games/ make a social story. We are teaching then an appropriate way to manage those feelings!!`

Remove your child from the situation to a quiet area.

Sometimes doing nothing is the way: Give time for the anger to pass and allow the child to resetttle and then intervene if necessary.