Supporting Mental Health
Anger

What is anger?

Anger is a normal and healthy reaction when things don't go the way we expected, life feels unfair or people upset us. It can be a helpful thing - letting us know that something is wrong or not okay with us.

It's normal for children and young people to find it difficult to manage their angry feelings sometimes. Angry feelings and aggressive behaviour can be really hard to deal with as a parent. There are things you can do to help make the situation better for all.

Our Top Tips

Ways you can respond when your child is angry:

1. Avoid asking them lots of questions when they're feeling very angry or distressed. Acknowledge that they're feeling angry, and let them know that you'd like to talk with them about what's going on when they feel ready.

2. If your child doesn't want to talk, try and find another way for them to communicate. It might help to text, write a letter, go for a walk together or do an activity while you're talking to help them relax. You could also try spending five or ten minutes checking in with them each evening to encourage them to open up.

3. Hold consistent boundaries around consequences. For example, you might say that while it's normal to feel angry, it's not okay when they shout at you. Remember that while your child might resist boundaries and consequences, they can actually help them to feel safe, contained and cared for.

ChatHealth

Somerset County Council have launched a mobile health service for parents and young people in Somerset making it easier to get health and wellbeing advice. This is available Monday-Friday from 9am-5pm.

Parents of children 0-4 years: Text 07480 635514

Parents of children 5-19 years: Text 07480 635515