

Ino soma

**Calm and Connected
Parenting**

Navigating Anger with Grace

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Introduction

These days, it's hard to find parents who don't care about the emotional well-being of their child. This is understandable, because one of the dominant behavioral trends in modern children is the increase in the number of cases of aggression and anger.

Whether we admit it or not, the relentless onslaught of violent scenes on television, video games, the Internet, movies, songs and newspapers is hurting our little ones. As a result, a large number of children become immune to violence and believe that anger is the only way to solve problems.

Anger is one of the basic emotions that everyone experiences from time to time. From an early age, children learn to express their anger based on the behaviors they see around them. As a parent, anger often seems like an unwanted emotion to you and you think it should be suppressed. However, if you teach children that anger is bad and dangerous, you encourage them to suppress a very natural part of their human nature. Then, children learn to either ignore anger or to express it in an indirect way, which will not lead to any good. As a result, children will be disastrously ill-prepared to properly express their anger as adults.

Of course, anger can be dangerous. The wrong and unacceptable expression of anger is violence, insults, vandalism. But it's important to note that anger plays an important role nonetheless - it helps, if necessary, protect our well-being and ourselves. The main thing is to learn to express your anger in a healthy and civilized way, while avoiding its negative sides.

What is anger management?

Anger management is the process of teaching children how to properly channel their anger in a safe direction. Children learn to identify signs of anger, calm down, and take more productive action.