

At Victoria Lane Academy, we can offer various in school support to your child, based on their emotional needs such as:

- Support from our **SEND**CO with referrals to external agencies that can support your child. (Contact Amy on 07900702297)
- Targeted interventions such as Anger Management, Emotions and 'Relax Kids'
- Referral to the School Counsellor (please note there is a waiting list for this service)

## External Support

**YOUNGMINDS** youngminds.org.uk or 0808 802 5544  
fighting for young people's mental health

**SUPPORTLINE** supportline.org.uk or 01708 765200  
CONFIDENTIAL EMOTIONAL SUPPORT

**kooth** Kooth.com

**Qwell** www.qwell.io

**MindEd** www.mindedforfamilies.org.uk  
e-learning to support young healthy minds

**Rollercoaster Parent Support** | 07415 380 040  
Helping parents to support children with mental health issues

**One Point** | 03000 261 111 | [www.durham.gov.uk/OnePoint](http://www.durham.gov.uk/OnePoint)  
Advice and practical support across all aspects of family life

**CAMHS - Single Point of Access** | 03001 239 296  
Community mental health teams for children  
[www.tewv.nhs.uk](http://www.tewv.nhs.uk)

**TEVV Crisis line** | 0800 0516 171 | [www.tewv.nhs.uk](http://www.tewv.nhs.uk)  
24 hour service for young people experiencing a mental health crisis

# Supporting Your Child with Anger



Anger is a normal and healthy reaction when things don't go the way we expected, life feels unfair or people upset or hurt 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, and it's helpful to remember that the part of our brain that helps us do this doesn't fully develop until we're in our mid-20s.

Anger can become a problem for your child if it feels overwhelming or unmanageable, makes them unhappy, affects their relationships or is expressed through unhelpful or destructive behaviours – towards either themselves or other people. help and where to get it.



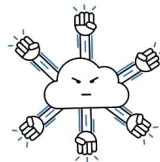
Angry feelings and aggressive behaviour can be really hard to deal with as a parent and can have a huge effect on family life. In this leaflet, you'll find some tips that could help.

## What is anger like for young people?

If your child can't tell you in words, they will often use their behaviour to let you know how they're feeling.

A young person who is feeling angry may:

- be outwardly aggressive – acting aggressively towards other people, including shouting, hitting or breaking things
- be inwardly aggressive – hurting themselves, for example by self-harming, or being very self-critical
- be passively aggressive – withdrawing, ignoring people, being sarcastic or sulking
- feel things in their body like a racing heart, feeling hot or tensing their muscles – for example clenching their fists
- seem tense, unable to relax or easily irritated find it difficult to concentrate.



OUTWARD AGGRESSION



INWARD AGGRESSION



PASSIVE AGGRESSION

## Supporting my child with anger

- Encourage your child to:
  - count to 10
  - walk away from the situation
  - breathe slowly and deeply
  - clench and unclench their fists to ease tension
  - go to a private place to calm down
- Talk to your child about what is going on and why they might be feeling this way. Remind them that their feelings are valid.
- Help them identify triggers. This will help them avoid triggers in the future.
- Support them in finding strategies to channel their anger and emotions in a more appropriate way e.g. listening to music, colouring, going for a walk/exercise, punching a pillow.
- When things are calm, support them to make a plan of action so they know what to do next time they feel angry.
- Maintain consistent routines and boundaries as well as any rewards or consequences.
- Model the behaviour you want to see.
- Reassure your child that there is support available.
- Positive feedback is important. Praise your child's efforts and your own efforts, no matter how small. This will build your child's confidence in their ability to manage their anger. It will also help them feel that you're both learning together.