

## Anger in children: some possible resources to help parents

<https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-angry-child/>

<https://www.mother.ly/child/how-to-help-an-angry-child-calm-down>



The graphic features a light pink background. On the left, there is a blue circle at the top, connected by two green lines to a yellow rectangular sign with an orange border. The sign has the word "OPEN" written in bold, purple, capital letters. To the right of the sign, the text "If you need to talk ..." is written in a large, bold, purple font. Below this, "...we're here to listen" is written in a bold, orange font. Further down, there are three contact options: a green speech bubble icon next to the phone number "0808 800 2222", an orange envelope icon next to the email address "askus@familylives.org.uk", and a globe icon with "www" inside next to the website address "www.familylives.org.uk".

Family Lives offers a confidential and free\* helpline service for families in England and Wales (previously known as Parentline). Please call us on **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life.

### **Helpline hours:**

Monday to Friday 9am to 9pm

Weekends 10am to 3pm

Also these sites have been recommended to us:

1. <https://copingskillsforkids.com/managing-anger>
2. <https://www.supernanny.co.uk/Advice/-/Parenting-Skills/-/Discipline-and-Reward/Dealing-with-a-very-angry-child.aspx>
3. <https://www.headspace.com/meditation/anger>