



Course aims

Time _____ to _____ (5 mins)

Equipment needed

- PowerPoint slides 1.4 to 1.5
- Flip chart paper
- Marker pens

Talk about

Who the course is for

Time Out for Parents – Handling Anger in the Family is for parents of children aged five to sixteen.

What are the aims of the course?

- To recognise the problem of anger in our lives
- To recognise the importance of handling anger safely
- To promote healthy relationships with our children and family members
- To handle anger better

COURSE AIMS:

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Time Out for Parents Handling Anger in the Family

Slide 1.4



What are your hopes for the course and what issues would you like to be covered?

Write the answers on flip chart paper so you can look back at them with the group during the last session to assess if those hopes have been met.

SESSION PLAN

- What is anger?
- Learning new ways of managing anger
- Anger triggers
- Anger and self-esteem
- The Anger River
- Keeping out of the river
- Recognising when we are in the river
- Getting out of the river
- What to do when we have gone over the edge
- Anger diaries

Time Out for Parents Handling Anger in the Family

Slide 1.5

In the first two sessions we'll look at how to manage our own anger as parents. In sessions 3 and 4 we'll focus on how we can help our children deal with their anger without losing their temper.

Explain what will be covered during this session.

What is anger?



Time _____ to _____ (5 mins)

Equipment needed

- PowerPoint slide 1.6

Talk about

Anger is an emotion that we all experience at different levels. It is a way of expressing a powerful feeling and a natural reaction to situations such as physical threat, aggression, verbal attack, disappointment or frustration.

It's OK to feel angry (everyone does so at times) and anger in and of itself is not wrong. For example, it can motivate us to stand up for ourselves and correct injustices. When we manage anger well, it prompts us to make positive changes in our lives and situations. However, it's not OK to express those angry feelings in a way that hurts others or ourselves.

In this course we will be talking about the ordinary, everyday anger that all families experience, and this is a good place to start in learning to manage this type of anger. However you may feel that your situation is more serious. For example, you may have a child with special needs who has particular issues with anger. If the anger is deep-rooted and causing a real problem, you will probably need additional help and support after these sessions to help your family put the management strategies we will learn on this course into place. If this is the case, we would recommend talking to your GP who may then refer you for more specialist help.

It may even be that you do not feel safe in your family. Very angry people are intimidating and even a child can be frightening if they are out of control. If you are in any doubt about your own or others' physical safety, or if you feel your child is out of control, you may need to seek help .

Note: If anyone in the group is in this situation, allow them to talk about it if they want to. You may need to assist them in finding more help. There is likely to be a high degree of shame experienced by parents who suffer abuse from their own children. It may be hard to admit that they are frightened, especially if both parents do not have the same expectation of what is acceptable behaviour.

WHAT IS ANGER?

Anger is an emotion that we all experience at different levels – it is a way of expressing powerful feelings.

Time Out for Parents Handling Anger in the Family

Slide 1.6



Learning new ways of managing anger

Time _____ to _____ (5 mins)

Equipment needed

- PowerPoint slide 1.7
- Flip chart paper
- Marker pens



Slide 1.7

Talk about

Learning new ways of managing anger is a bit like hacking out a new path through the dense undergrowth of a jungle.

It's hard work to begin with, but worth it once the path is made. And the more we use that path, the easier it gets. Each time we think about or practice helpful ways of managing anger, the path is trodden down some more.

The more we 'rehearse' things in our minds and imagine how we would react to a situation, the more likely we are to do it next time.