



What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger

Dawn Huebner , Bonnie Matthews (Illustrator)

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Guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. This interactive self-help book teaches children a set of anger dousing methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids.

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Date : Published November 1st 2007 by Magination Press (first published October 15th 2007)

ISBN : 9781433801341

Author : Dawn Huebner , Bonnie Matthews (Illustrator)

Format : Paperback 95 pages

Genre : Parenting, Childrens, Psychology, Nonfiction, Self Help



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From Reader Review What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger for online ebook

Marisa says

It may be written for children, but it is perfectly suited to me, the mother, as well. (Maybe I'm just juvenile when it comes to anger management.) Great ideas to try and skills to learn. I read it aloud with my daughter and we had great discussions about the topic. Because we read it together, I think it will really help my family with being slow to anger and resolving issues and reducing contention. And isn't that what all families want? :) Highly recommended if your family, children or adults, has issues with anger.

Heidi says

This book is an excellent resource for parents and teachers of school-aged children regarding teaching kids to manage anger and other strong emotions. It is laid out in a workbook format that allows parents and kids to read about strategies and then come up with their own real life scenarios and solutions. It helps kids to work on changing unhelpful thinking and behaviors and to solve problems in an approach similar to cognitive behavioral therapy techniques. Of note- the strategies in this book would be helpful for all kids (and adults!) not just those with "behavior problems". We will definitely come back to this again in our family.

Judy says

I use this book with kids who have anger issues. We work through it a chapter at a time as part of our sessions, and then they get to take it home with them when we're all done. Sometimes I modify specific parts depending on the client. Kids really like it--it's a nonthreatening, nonblaming way to approach angry feelings. Highly recommended.

Jill says

Another hit in the "What to Do" series.

My daughters and I have talked about these tools and techniques one on one, with the rest of the family over the dinner table, and many other places. Usually they bring it up when their sibling is starting to lose control- but hey! Recognition is happening. Next is working on personal application. :)

Ideas for dealing with short fuses, prickly balls other people throw at you, cool thoughts, and taking a break among others are shared. Several examples and exercises are provided for each.

One of the highlights was a paragraph near the end telling the kids that adults they admire who are calm in hot situations likely use these techniques too. That paragraph dismisses the belief that people are born a certain way and can't change how we respond to situations or stimuli. It offers hope to kids as they discover how to navigate this world of ups and downs. Thank goodness.

Heather says

This is geared for 6-12 year olds, and I think it'll be age appropriate. I've been looking for some tools to help the kids cool down. This book takes a very logical approach and uses some good analogies. Many of the ideas are things I've already said, but it might be better received coming from a neutral party. There are lots of practical things to try, and there are places to write down thoughts or draw pictures. I checked it out from the library, and it seems useful enough that I bought a copy so the kids can actually write in it. If they read it and apply it and it helps, I'll ramp the rating up to 5 stars!

Rach says

Useful book for professionals, parents and children. The book provides an explanation of anger, normalises this emotion and also provides tools in order to manage their anger. All of which is provided in a child-friendly mannner. I like how the book encourages parents to read the book with the child and also to take it one chapter at a time in order for them to practice the tools.

Frieda Vizel says

Note: kids need to be able to grasp analogies in order for them to get anything out of this book.

This book is not preachy, but it speaks to children about anger - it mostly explains how it works. For instance "its a terrible feeling to have anger trapped inside like that. Cooling thoughts help, but sometimes they aren't enough. When anger has made its made into your whole body, it needs to be released to help your body feel okay."

By explaining the mechanism of anger, it helps redirect the responsibility of the feelings and actions related to anger from whatever the child thinks triggered it, to the child's own reactions. A child learns to recognize that a lot of anger has to do with how he or she reacts to a situation, not the situation itself.

There are several important lessons in the book:

1. anger doesn't help. It may feel good at the moment to explode, but the book asks the child "did you have a better day because of anger?" or "do you have more friends because of your anger?" and the child comes to understand that anger is really going against him/her.
2. anger is a lot about "hot thoughts". If you react to something with a "hot thought" (with an illustration of an angry child yelling "this is stupid" or "I hate this") then you are bound to fuel your angry fire. But if you think cool thoughts, you can deal with the same situation much more effectively.
3. anger can be controlled or turned off with various helpful ideas. Their idea of a child taking some time out is very gently and well illustrated, and speaks so directly to the child, that the child sees it in his/her best interest to follow these suggestions.

4. Contrary to popular thought, hitting something when angry does not release anger. A non angry physical activity is a much better solution.

In all, this book is a conversation with children about anger and how to deal with it. It is mostly about awareness -- helping children become aware of what happens between the thing that infuriates them and their explosion. I don't know that the child would be able to take all that awareness and change behavior patterns, but this is as good a first step as I can think of.

Renee Rubin Ross says

Our 8 year old started reading this yesterday and already using some of the strategies in the book.

The book starts off with an extremely kid-accessible way of explaining that only we are responsible for our anger, and encourages kids to think about how anger negatively impacts them. The next chapters describe strategies for cooling off before getting angry.

I love how a book is able to get through to her in a way that I was unable to do. And I'm thinking these strategies could help me too...I do plan to model them so we can work on this together.

Yay!

Lindsey says

This was a really great book to read as a mom. It has helped me gain a better understanding of how to talk to my kids about their tempers, their feelings, and then how to cope better with them. I really appreciate the author doing such a great job of carefully putting together a book that can help both parents and kids learn how to cope with their anger in a helpful manner.

Erin says

I'll come back and adjust this after I've done this with my kids, but I am really excited to try this one, and I think my son will value being able to work on this independently.

Rachel Fellows says

Have an angry kid? Get this book. It offers solid practical advice for how to recognize, manage, diffuse, and delay those angry emotions.

Pawsitive School Counselor says

One of my most used workbooks in my office. It's a great way of showing students they are in control of their anger. Although some don't get it, I love the message that no one makes them angry, they "choose to be angry." I have recommended this to lots of parents.

Lissa says

This workbook is a great guide for parents and kids looking to better manage big emotions. It is non-pathologizing, normalizing, and uses humor to make it accessible. I have used with my own kids and those I work with. Appropriate for ages 6-10.

Alicia says

Interactive workbook in chapters, with concrete ideas and activities to get kids thinking and talking about managing anger. I know a certain 7-year-old who will definitely be getting a copy of this to work through.

Allison says

What a great book! I strongly recommend it to everyone of all ages - seriously! I was so impressed that here is a book that addresses anger issues in the way that I firmly believe emotions **MUST** be dealt with. It walks the reader through steps to identify issues that are upsetting and how to deal with them in constructive ways. The greatest lesson, in my opinion, that is eloquently taught in this book is the fact that individuals are responsible for their own reactions to situations they encounter. In other words, even though we can't necessarily prevent bad things from happening to us, we can decide how we are going to react to what we experience.

This is a vital lesson that all of us need to learn and the sooner/younger we learn it, the better. The main reason that I am so thrilled by this book is that shortly before I read it, I realized that the person I was involved with took absolutely **NO** ownership of their negative emotions and chose to blame them on situations and people that presented the unpleasant situations into their life. I realized that at 50+ years old, there was no way I would ever be able to convince them that there was another way to look at life's challenges. I have known that I am responsible for my own feelings and what I do with them since I was a young child. My partner refused to even fathom the possibility that they had any control over their negative emotions. They couldn't accept the fact that they bore any responsibility for their negative emotions either.

When I realized and accepted this fundamental difference in our personalities, I immediately was able to accept that the relationship had no future and needed to end immediately. Mercifully, this book was able to help me teach my youngest child some of the skills needed to adapt to the changes that my ending that relationship brought with it.

As it turns out, this book is just one in a series of books aimed at helping children overcome difficult emotional issues like anxiety, ADHD, OCD, and other issues. I look forward to reading more of the books in the series.

