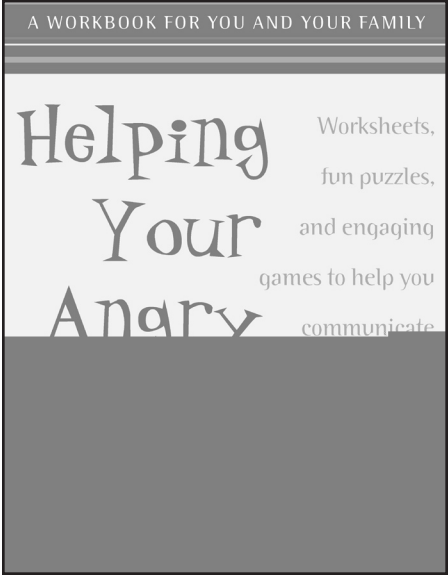


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Helping Your Angry Child

Darlyne Gaynor Nemeth, Ph.D., Kelly Paulk Ray, Ph.D., & Maydel Morin Shexnayder, MS

Worksheets, Fun Puzzles, and Engaging Games to help Your Communicate Better

For parents, coping with an angry child can be like trying to navigate a small natural disaster. Because children lack the verbal skills to articulate anger and the cognitive sophistication to recognize many of its origins parents are often left confused and frustrated. This can cause them to react with anger or negativity of their own instead of responding effectively.

In *Helping Your Angry Child* three leading anger researchers offer a program that is based on over ten years of clinical study and experience. Using games, worksheets, puzzles, and other fun activities they show parents and children how to communicate about and resolve anger. As parents work through these activities with their children they learn to:

- Teach their children anger-management skills;
- Relate to others within the family when strong emotions arise;
- Respond instead of react to their child's anger;
- Understand the underlying issues that contribute to their child's anger.

Helping Your Angry Child also teaches parents how to create a safe emotional environment for children. To this end they learn how to actively listen, build mutual respect, and keep their own unresolved childhood issues from undermining their ability to parent. *Helping Your Angry Child* is a one-of-a-kind guide that shows parents how to diffuse anger in a healthy way and gives children anger management skills that can endure well past childhood.

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Helping Your Angry Child

1. Throughout *Helping Your Angry Child* you talk about the RILEE bear. What is this and why do you use it and other bear characters to help children understand anger?
2. What do the acronyms FACTS and FAT stand for?
3. You talk about the need to create a safe emotional environment in which children can be heard. What does this entail?
4. What is a RILEE family?
5. What are the four stages of anger?
6. Throughout the book you offer a series of contracts that parents and children sign off on. What are some of these and how do they help in anger management?
7. How can a child's anger affect the family and what are a few things that all family members need to know to deal with the effects of anger?
8. What are some of the anger coping strategies that parents may have learned in their childhood that can undermine them when they try to teach their children to manage anger?
9. What are some key qualities that parents need to cultivate if they want to relate well to their children?
10. You offer a series of alternatives to anger. What are some of them?

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Helping Your Angry Child

“When parents can process their anger and talk respectfully about strong feelings, they set a powerful, positive example for their young children. This new workbook gives parents (and teachers) many useful anger-management exercises for relating to both their own and their young children's anger and frustration, as well as techniques for helping their children learn how to handle angry feelings. Any parent whose child struggles with anger should get this book.”

—Matthew McKay, Ph.D., author, *When Anger Hurts* and *When Anger Hurts Your Kids*

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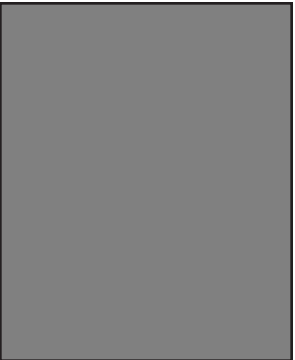
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Helping Your Angry Child



Darlene Gaynor Nemeth, Ph.D., is a clinical and neuropsychologist with Neuropsychology Center of Louisiana, located at The Drusilla Clinic in Baton Rouge, Louisiana. Nemeth, an APA fellow, developed the breakthrough anger-management program on which this book is based. A pioneer in the area of clinical neuropsychology for more than twenty-five years, Nemeth has focused much of her practice on children's issues.



Kelly Paulk Ray, Ph.D., has served as chief psychologist at the Louisiana State University Health Sciences Center Juvenile Corrections Assessment Center and is a counseling psychologist at The Drusilla Clinic, both in Baton Rouge, Louisiana. Ray has been instrumental in developing the parents' part of the children's anger-management program and has worked extensively with the parents of school-age children.



Maydel Morin Shexnayder, MS, CRC, is a rehabilitation counselor with Louisiana Rehabilitation Services. During her years as a clinical assistant at The Neuropsychology Center for Louisiana in Baton Rouge, she served as the primary facilitator for the children's anger-management groups.

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