

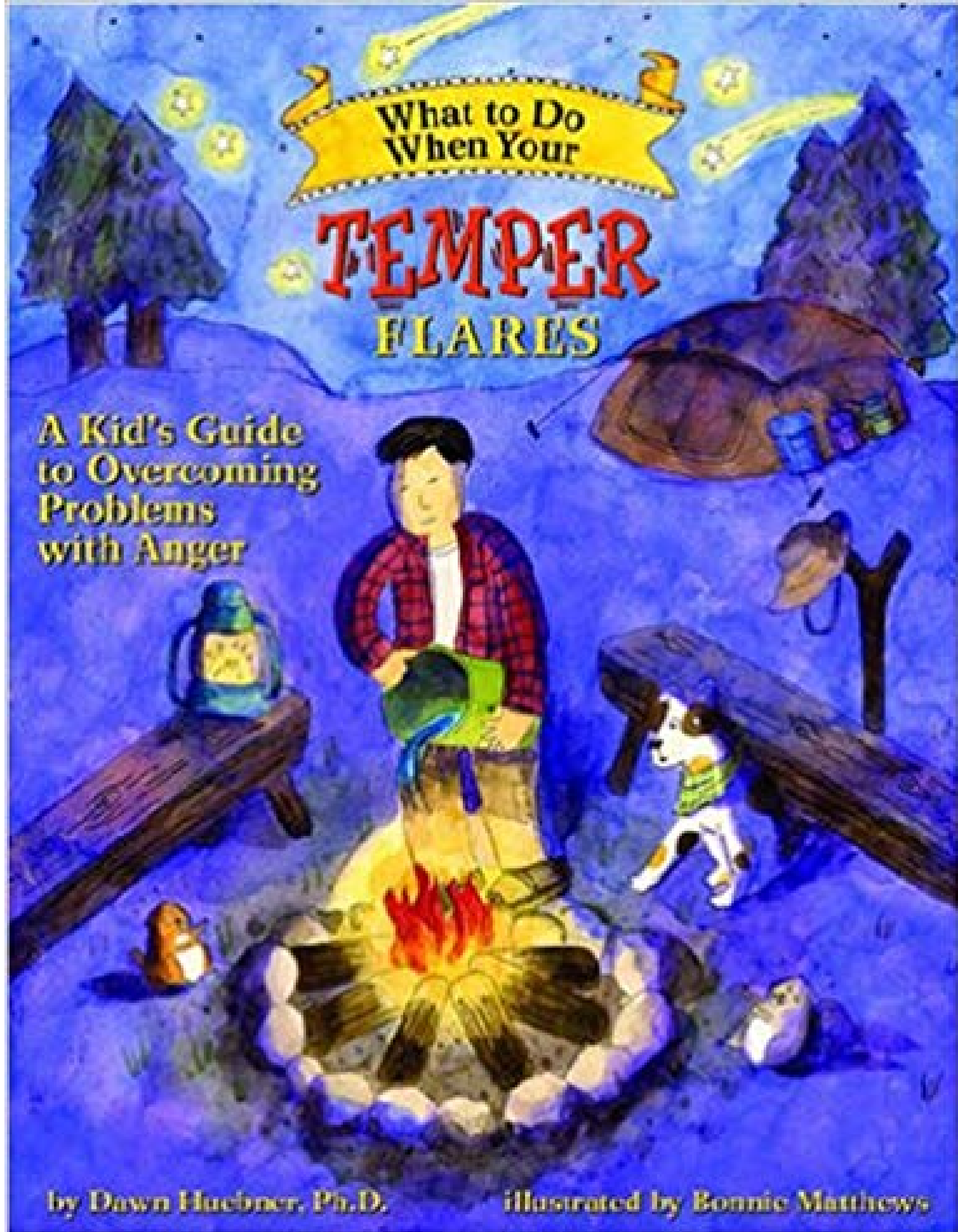
What to Do
When Your

TEMPER FLARES

A Kid's Guide
to Overcoming
Problems
with Anger

by Dawn Huebner, Ph.D.

illustrated by Bonnie Matthews



Dawn Huebner

What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems With Anger (What to Do Guides for Kids)



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Using activities and interactive tasks, instructs readers on ways to control angry thoughts and actions.



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I got this for my 11-year-old, who immediately told ... I got this for my 11-year-old, who immediately explained it's juvenile and that he's much too far advanced for it. Such a great deal for such a great tool. We've 8 year older twins and they are both actively using the series. Excellent resource for parents raising children with extreme emotions This is a fantastic resource for parents! I've a shiny, amazing, caring 6 year aged with an explosive temper. We demonstrated his counselor and she is going to be buying many of these for some of her younger clients with anger issues aswell, she's been a counselor for 20 years and stated this is actually the best she's seen yet Wondering meant for parents and professionals I'm a child therapist and this book has been wonderful at helping clarify anger to the kids I work with. What I love about this book could it be does a fantastic job of not just offering coping abilities, but clarifying that anger is a choice and it is a choice which has outcomes. Additionally, he's able to control the strength of these moments utilizing the abilities we learned in the book. There are tons of books out there giving coping skills, mindfulness techniques, etc, but this is actually the first I've found that targets thoughts and behaviors in a simple, comprehensible way. Schooling my kiddo in calming techniques, like acquiring ten deep breaths hasn't helped that very much, but she seems to respond well to the idea that she is usually in charge of her responses. Maybe it has something regarding the part of control...anger is often a bid to experience powerful in a difficult situation. The component of choice -- "how am i going to respond to this problems?" -- is one way to apprise control, though in a positive way. Anyway. He is right now 8, and for approximately 2 years, he offers struggled with anger, rooted frequently in feeling bullied or teased, or somehow normally wronged. I produced him read it anyhow, a chapter a day. She flat-out refused to check out the publication with me when it arrived, therefore i waited a couple weeks and brought it out tonight, without showing her what it had been.! We focus on it together and he actually enjoys working in it. The terminology and strategy was spot-on for my 8 year old. Last thing: the price rocks !. His anger has led to horrible heartache for him, and frustration and concern for us, his old brother and younger sister, and for close friends and teachers. At storytime, I gave my kids markers and paper, and told them we were going to do some activities. I believe that perhaps he simply wasn't ready after that, and was still viewing it as others causing his problem rather than him searching at a method to manage it for himself. . It has a lot of great coping abilities for kids to use and illustrations. In the last 6 weeks, I believe he's had fewer than 5 meltdowns, and he used to have that lots of in a single day. Using methods from Cognitive Behavioral Therapy, it empowers children to take accountability for their responses to circumstances.I'm so grateful for the modification in him, and I don't believe I could have done it without this guideline. I actually purchased this for my boy nearly 9 months ago. The good examples, illustrations and worksheets were also very helpful and engaging for him. I highly recommend this! This book changed my sons view of his anger. Over the Christmas break, after more hurt feelings and outbursts, he was prepared to sit back with me again. The myth debunking in this book is outstanding.. This book changed my sons view of his anger, empowering him to make a difference in his own life. So helpful at getting rid of 'mom' from the equation and enabling us to go over his options to diffuse himself. We have pulled this book out hundreds of times in the last few years.. The authors address all of the common 'hot thoughts', at the perfect moments, making the youngsters feel like this publication is speaking directly to them. Pure genius.Incredibly humbling for my son to understand he is not alone! Interactive, motivating, and engaging for my 6 and 7 year olds My 7 year aged has a extremely explosive temper, and she actually is very reluctant to speak about it or use any strategies that we've suggested to her. I'm so grateful for it.He and I began to work through the ideas in this book when we initial got it, but it didn't resonate for him in those days. The book starts out by making a evaluation between driving a car and managing emotions, and presents drawing activities, such as "draw an image of yourself traveling your desire car," and "draw an image of your preferred "fuel" (my girl drew one glass of orange juice). I haven't read this yet as it is rather wordy. Those activities actually engaged my kids and made them willing to sit and pay attention to what the publication had to say. Five Stars positive experience Five Stars So ideal for

my grand children. My son has usually struggled along with his anger and outbursts that he appears to not understand how to control or cope with. I intend to buy even more!" "Oh, no, a visitors jam!" We had the right laughs as the youngsters internalized the basic premise of the book--that we can not always help what goes on to us, but we are responsible for how exactly we handle our emotions and our actions. I'll update my star ranking once we get a little bit further along in the reserve, but for today, it's been a great success. Family meeting success! So grateful!! We was not sure if I would like this series, but it's become the main focus of our family meeting time! It gives us a uniform way to discuss feelings aswell.! On day time three, he asked if the authors have been spying on him, since it so specifically and perfectly matches him and his life time experiences." "Look out for that cat! I like the hands on strategies and that the easy explanations of CBT methods give them a different way to view how to manage their emotions.! I'd certainly recommend this author and these books! I bought anger and anxiety first and of the two I like anger the most! Can't wait around to try additional books! Great ideas for kids and adults SO ideal for kids that struggle with anger! My child has get over his anger issues because of this publication! As any mother or father raising a kid with intense emotions knows, it's extraordinarily hard attempting to help your son or daughter contain their huge, oftentimes destructive feelings. We reviewed what we covered before, and so are today taking the chapters step-by-step, and he's figuring out how to incorporate the coping mechanisms in his lifestyle. Excellent tool! This is an excellent tool for children to greatly help sort out anger issues. Terrific Series This entire series is fantastic. I've been working through this one with my 9-calendar year old. Best workbook for child's anger issues My 8 year old son has some serious anger issues therefore we thought we would provide this workbook a go, it's been amazing, it explains things in conditions that he understands and makes it fun reading and not boring straight forward authoring anger. This so book is fantastic. We took stuff a step further and did some whole-body movement actions, such as for example "driving" around the room as I shouted out "obstacles" --"Whoops, you hit a pothole! This publication has opened up a whole " new world " for him!! Simple and to the point. Great book for kids. Good for older kids? The activities are interspersed between paragraphs of text. Seems like it's for old kids (I ordered for my 6 year old). I will see if he'll read it when he's a little bit older. I was amazed to observe how my older girl actually participated and actually opened up a little, truly expressing herself for the very first time with regards to her very difficult-to-handle emotions.



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