



Gentle Parenting and Anger

Why Anger is an Essential Emotion

Anger is a sign that your boundaries have been crossed or you have an unmet need. It is natural and essential, for parents and children alike. In gentle parenting, the goal is to understand anger, model healthy expression, and stay connected to your child, even in the challenging moments.

1 Recognize Your Anger

- Anger is a sign that your crossed boundaries or unmet needs.
- Notice tight jaw, clenched fists, tense heart and posture.
- Identify the emotion before reacting: " I am angry"



2 Pause and Regulate

- Take a brief pause to regulate responses.
- Try to understand why the behavior is upsetting you.
- Remember: Arguing with your child rarely helps.



3 Model Healthy expression

- Talk out your feelings "I am angry because you threw a toy and it hurt me. I'm going to take a minute to calm down."
- Avoid yelling or punishing out of anger. Focus on communication



4 Guide Your Child Through Anger

- Validate their anger "I see you're really angry we have to stop playing now."
- Teach coping tools: "It's okay to be angry, but it is not okay to hit. Let's stomp our anger out instead!"

