

# Anger is GOOD!

(If it is managed well...)

Let us be willing to find the serenity to accept the things we cannot change;  
the courage to change the things we can;  
and the wisdom to know the difference.

**Michael Swisher**  
**Adult Outreach & Engagement**  
**Child & Family Services Division**



DEPARTMENT OF  
HUMAN SERVICES

Child and Family Services Division

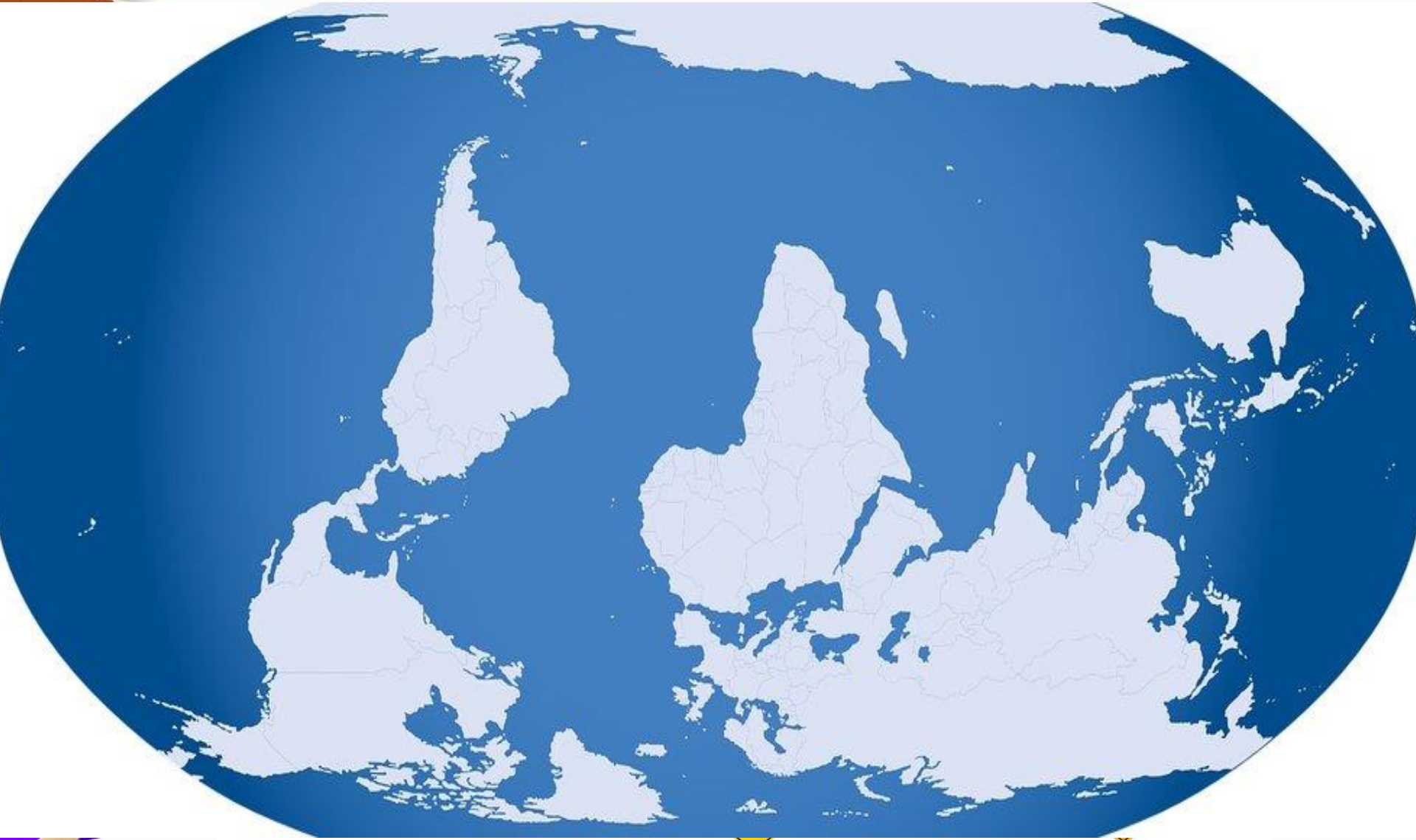


fppt.com



# Anger Truth #1:

**We are allowed to get angry**  
**(And have all of our other emotions too!)**



@apcyf; [www.apcyf.org](http://www.apcyf.org)



DEPARTMENT OF  
HUMAN SERVICES

Child and Family Services Division





OUR  
A



@apcyf;



DEPARTMENT OF HUMAN SERVICES

Child and Family Services Division





# Sadness

A loss of

something

or

someone




@apcyf; [www.apcyf.org](http://www.apcyf.org)



DEPARTMENT OF  
HUMAN SERVICES

Child and Family Services Division





**Fear**  
**There is  
danger,  
real or  
perceived**



@apcyf; [www.apcyf.org](http://www.apcyf.org)



DEPARTMENT OF  
HUMAN SERVICES

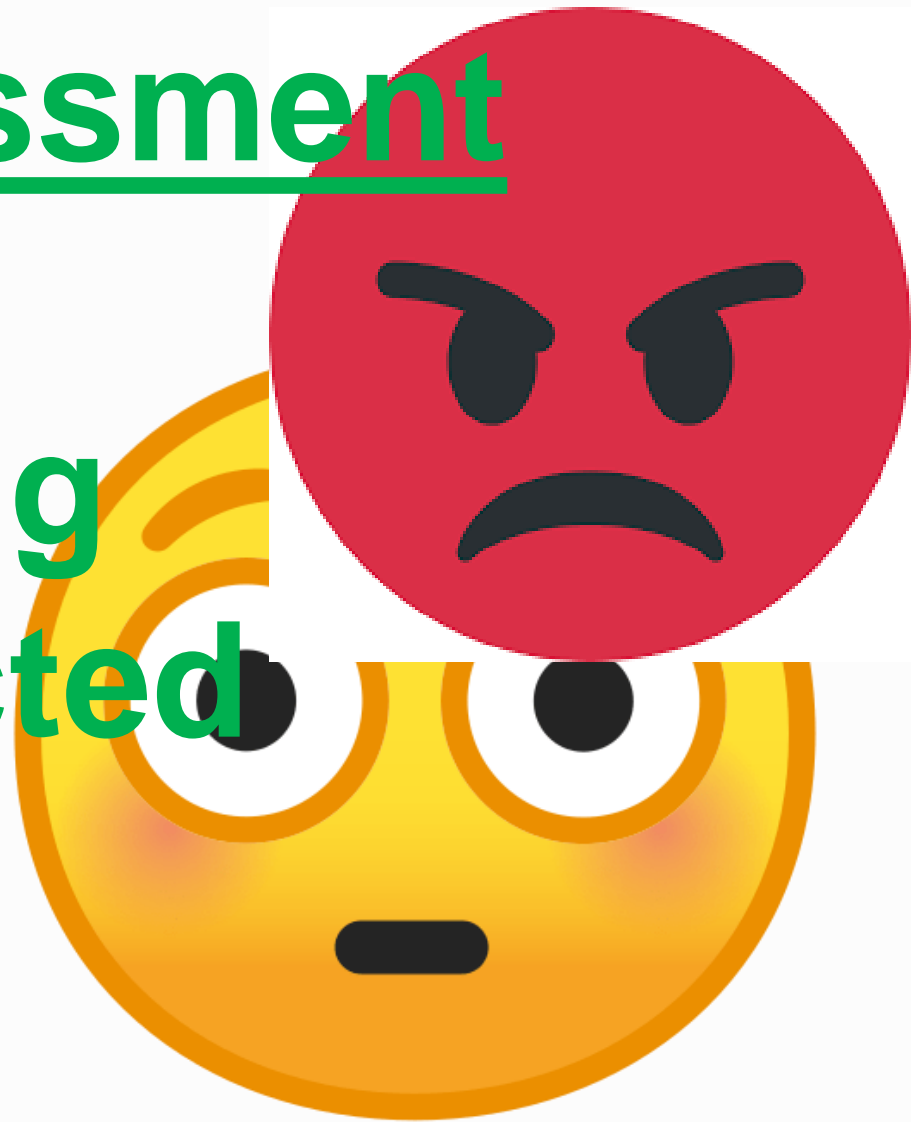
Child and Family Services Division





# Embarrassment

We did  
something  
that affected  
someone



@apcyf; [www.apcyf.org](http://www.apcyf.org)



DEPARTMENT OF  
HUMAN SERVICES

Child and Family Services Division





**OUR  
ANGER  
is  
caused  
by...**








1. BIG things, ***beyond our control***

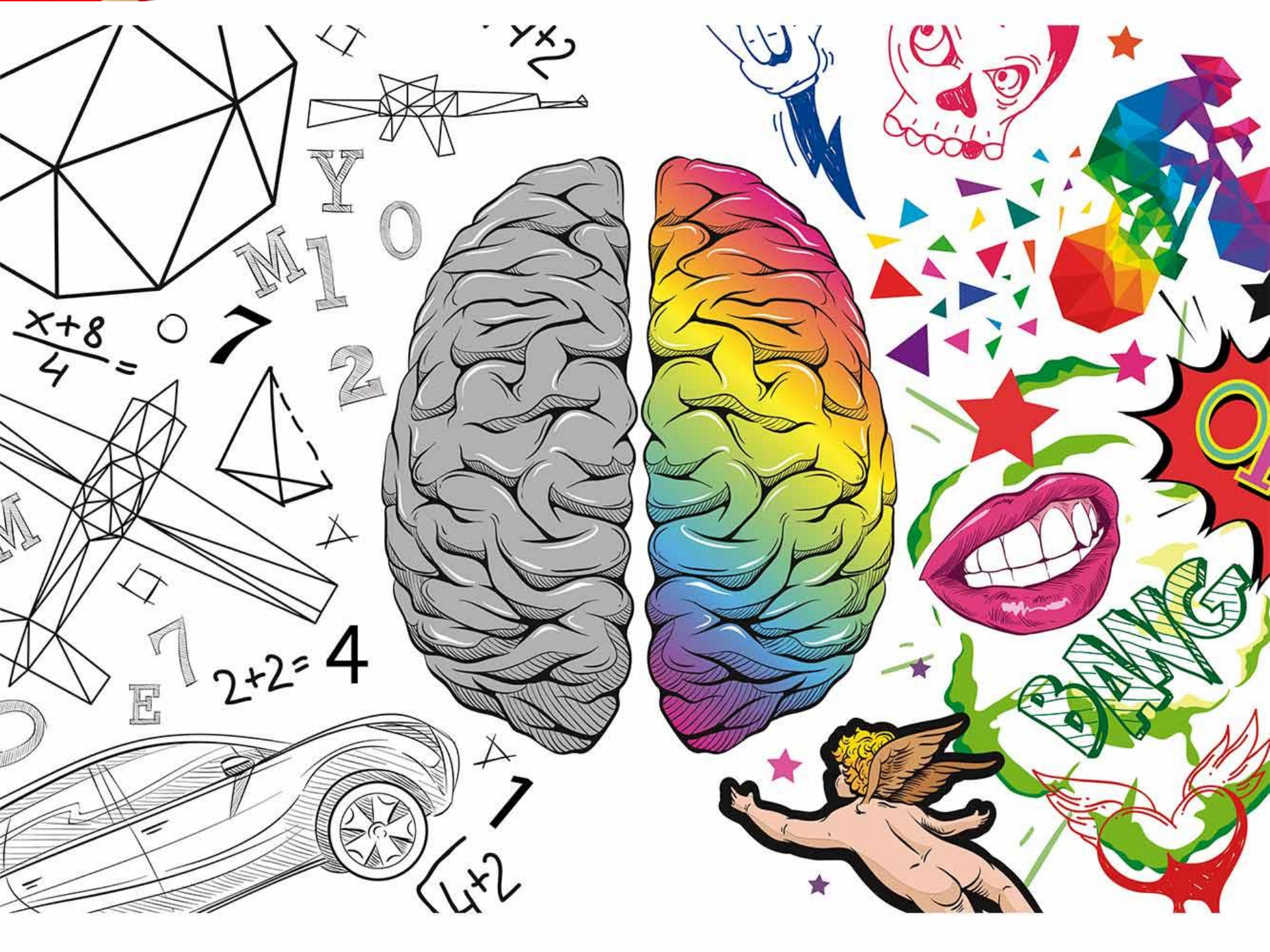


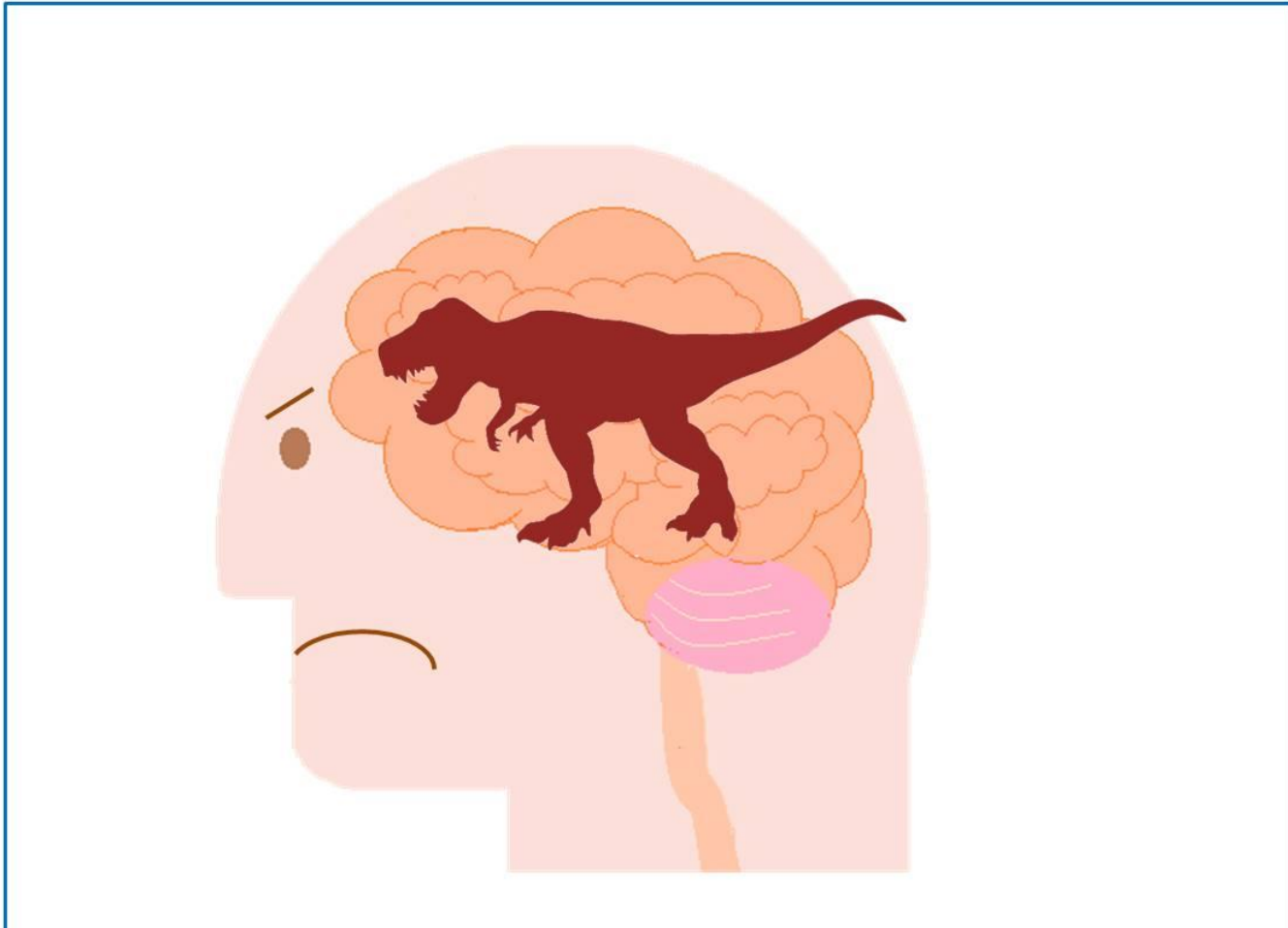
2. Actions of others, also ***beyond our control***

3. Actions of others, that we can ***influence***



Let us be willing to find the  
**serenity** to accept the things we  
cannot change;  
the **courage** to change the things  
we can;  
and the **wisdom** to know the  
difference.





@apcyf; [www.apcyf.org](http://www.apcyf.org)

THE ARLINGTON  
**PARTNERSHIP**  
for Children, Youth & Families

Connect with Kids-  
It only takes a minute.

[www.apcyf.org](http://www.apcyf.org)



# Anger Truth #2:

**When we get angry, we are  
not in the best part of our  
brains**



@apcyf; [www.apcyf.org](http://www.apcyf.org)



@apcyf; [www.apcyf.org](http://www.apcyf.org)



Children won't remember what you said  
They may not remember what you did  
But they will remember  
how you made them feel







# FIB Feelings Issue Behavior

(Dayle Malen, LCSW CCTP, M.Ed.)



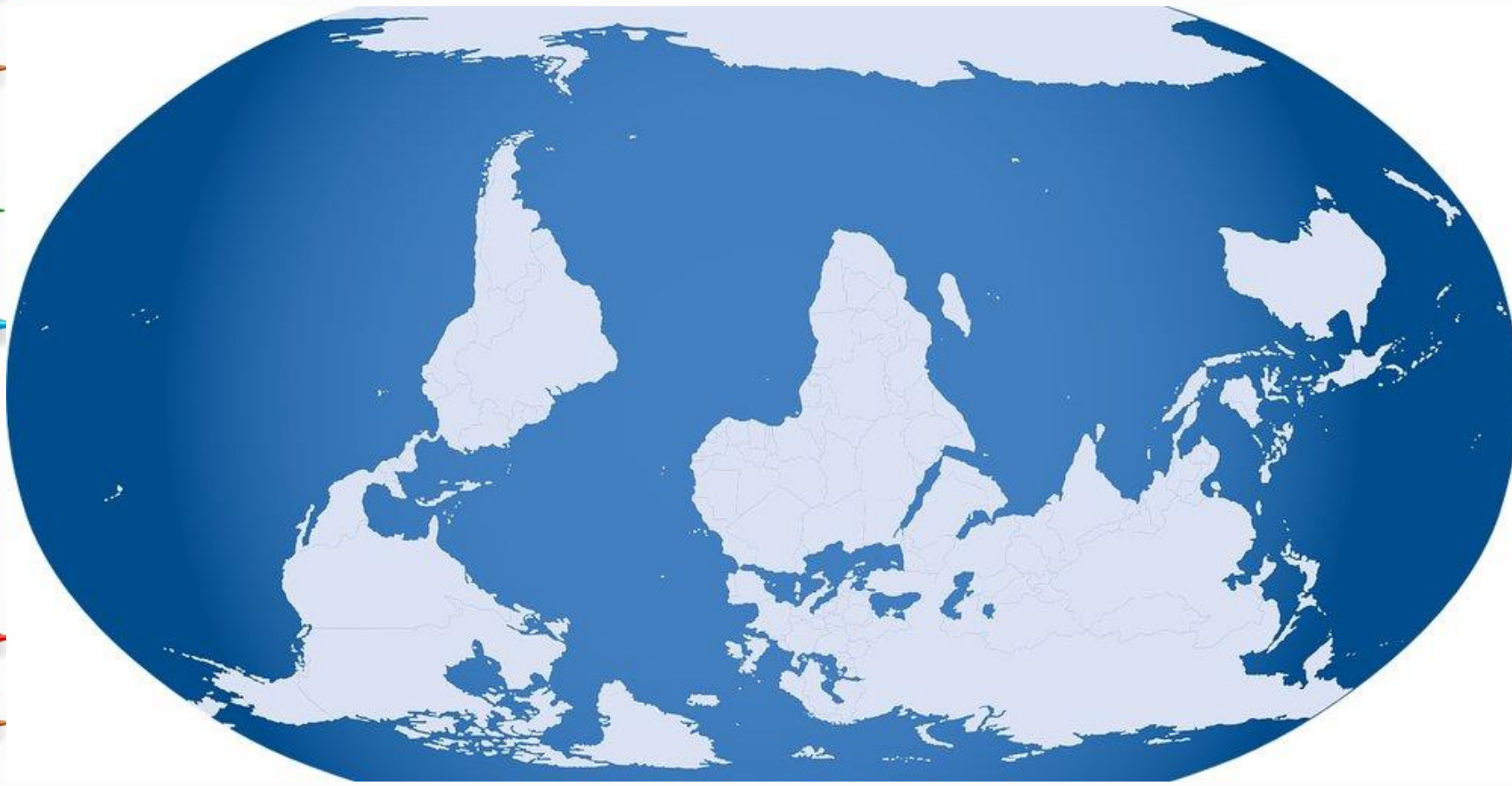
@apcyf; [www.apcyf.org](http://www.apcyf.org)





# Validate Our Emotions

f.org



# ISSUE – WHAT HAPPENED?

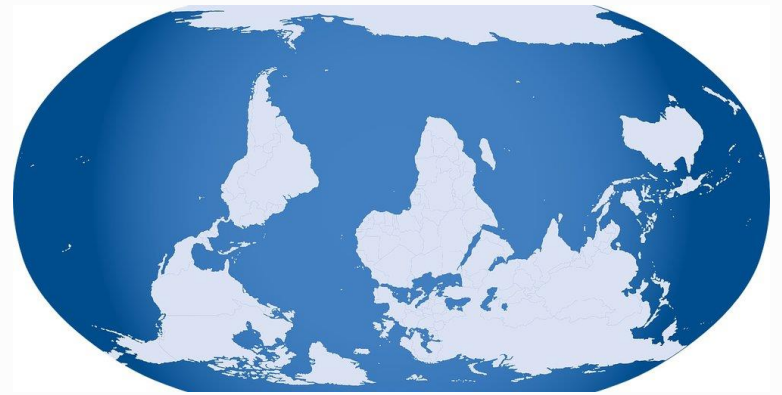


@apcyf; [www.apcyf.org](http://www.apcyf.org)






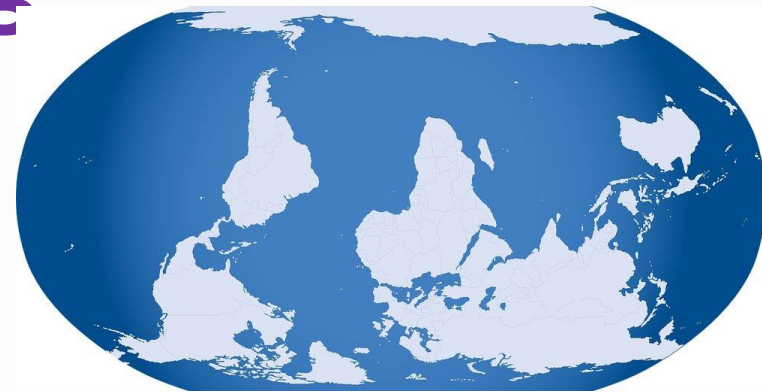
**“They”  
don’t put away  
dishes  
toys  
dirty clothes  
clean clothes  
shoes  
books  
glasses  
games**



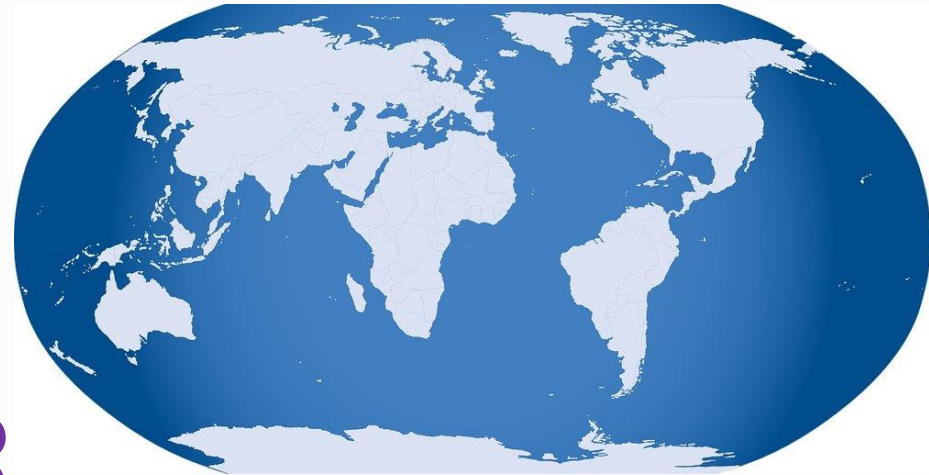
@apcyf; [www.apcyf.org](http://www.apcyf.org)



**Don't go to bed  
on time...  
Get 'lost' during  
study time...  
too much time  
on a screen...**



@apcyf; [www.apcyf.org](http://www.apcyf.org)



**BEHAVIOR**

**So...**


**WHAT DO YOU WANT?**

**I want...**



@apcyf; [www.apcyf.org](http://www.apcyf.org)





**...things get put away**  
**...I can go to bed by \_\_\_**  
**...kids stay focused on**  
**their studies**  
**...are less time on screens**



@apcyf; [www.apcyf.org](http://www.apcyf.org)






**...things get put away  
within de 10 minutes  
after use**



@apcyf; [www.apcyf.org](http://www.apcyf.org)








**...kids focus on their  
studies for 15 minutes  
with out interruption**



@apcyf; [www.apcyf.org](http://www.apcyf.org)



- 
- **No more than 3 hours on devices**
  - **Devices OFF by 9p**
  - **No devices at meals**



@apcyf; [www.apcyf.org](http://www.apcyf.org)

# Behavior

## Firm and clear instructions

1. Get Child's Attention
2. Use kind, firm voice
3. Be Brief
4. Say what you want them to do
5. **Give them time to do it**



@apcyf; [www.apcyf.org](http://www.apcyf.org)

# Behavior



@apcyf; [www.apcyf.org](http://www.apcyf.org)

# Behavior

- - Breathe!



@apcyf; [www.apcyf.org](http://www.apcyf.org)

# Behavior

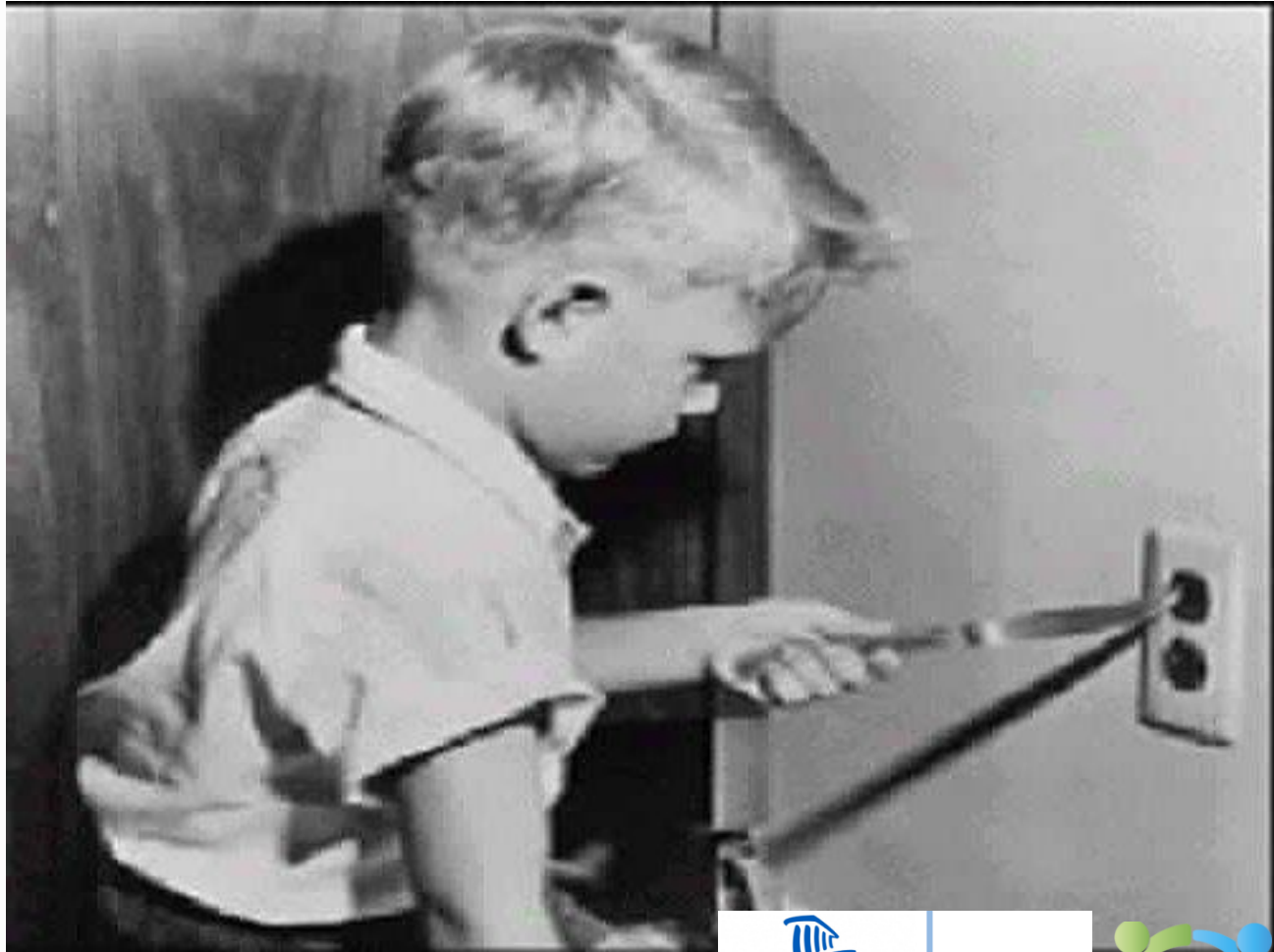
Define  
your goal



@apcyf; [www.apcyf.org](http://www.apcyf.org)

# Behavior

Ignore



@apcyf; www.apcyf.org

# Behavior

Give  
Choices







# The Magic Number!





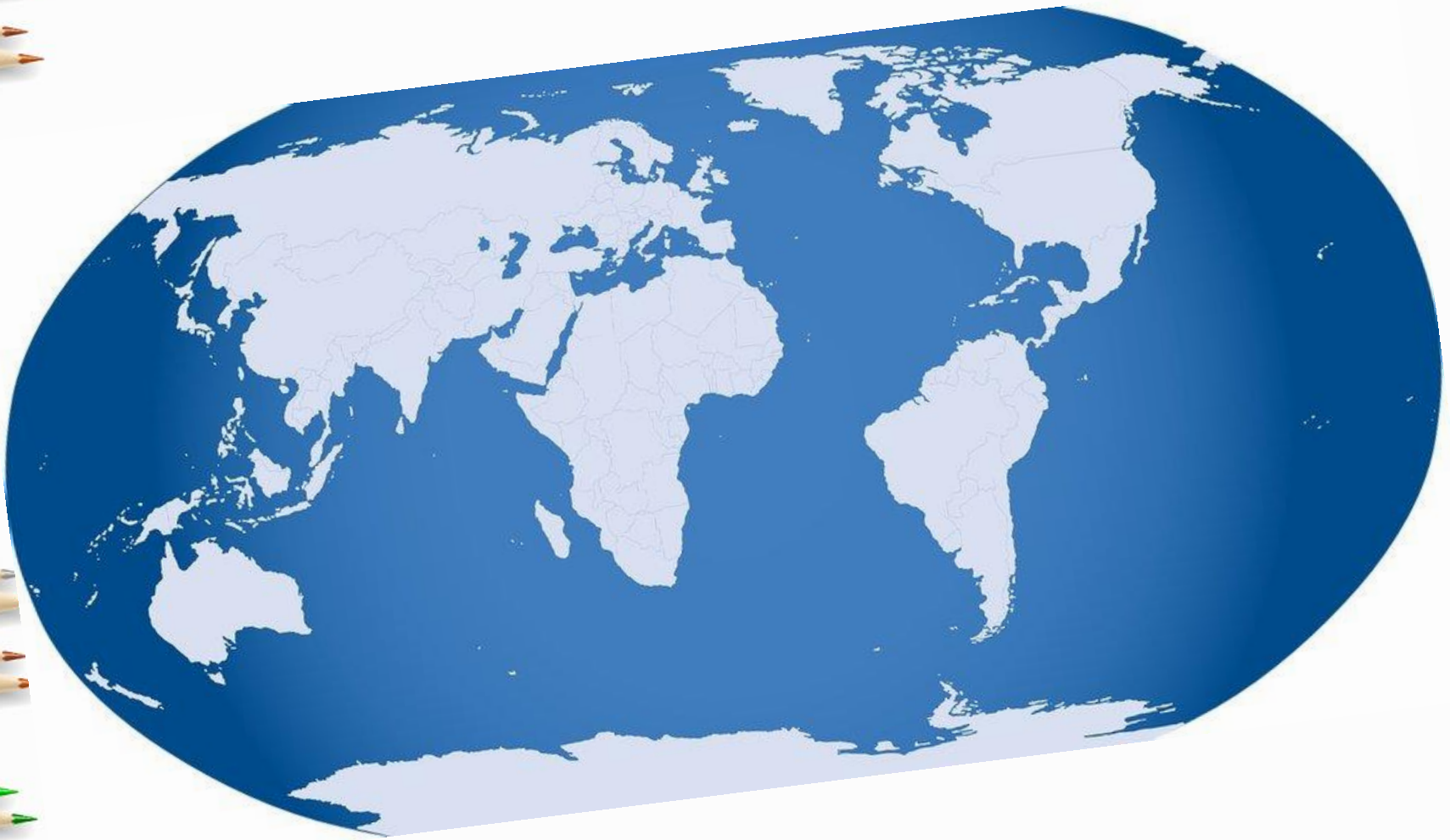
# FIB Feelings Issue Behavior

(Dayle Malen, LCSW CCTP, M.Ed.)



@apcyf; [www.apcyf.org](http://www.apcyf.org)





# It may not be perfect...



@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Contact Information

## Adult Outreach & Engagement

### Michael Swisher

Tel: 703-228-1671

Email: [mswish@arlingtonva.us](mailto:mswish@arlingtonva.us)

[www.apcyf.arlingtonva.us/parent-support](http://www.apcyf.arlingtonva.us/parent-support)