# Helping children learn to manage anger: Other resources

The following resources have been compiled for parents, carers and school staff who may be seeking further information about children and anger. A range of resources have been included but the list is not exhaustive. Since materials have been selected to represent differing perspectives, inclusion of a particular item on the list should not be taken as endorsement by KidsMatter.

## General information

**Children, Youth and Women’s Health Service** provides information for parents and carers on a large variety of child health and development topics. For material for parents and carers on helping children manage anger see: [www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=2517](http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=2517)

**Kids’ Health** by the Children, Youth and Women’s Health Service provides high quality information for kids on a wide range of issues that have been identified by children as important. It is also a great resource for parents and carers to use with their kids and to gain insight into topics that are important to children. Information on anger is available from: [www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=1728](http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=1728) [www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=1505](http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=1505)

## Information specifically for parents and carers

**Raising Children Network** This national website aimed at helping families care for children has a concise and clearly written article on talking through angry feelings with children. Available from: [http://raisingchildren.net.au/articles/talking_through_angry_feelings_pbs.html](http://raisingchildren.net.au/articles/talking_through_angry_feelings_pbs.html)


## Books for parents and carers


**Helping your angry child: A workbook for you and your family.** This workbook teaches parents and carers skills to help their children deal with anger and includes numerous games and activities that can be used with children. By D. G. Nemeth, K. D. Ray, & M. M. Schexnayder. (2003). Oakland, CA: New Harbinger Publications.
The KidsMatter Programs Guide provides information on school based social and emotional learning programs. Each program provides detailed teacher resources for use in the classroom. Many programs provide information for parents and carers as well.


Rogers, B. (2001). Angry and aggressive children. Classroom, 21 (7) 22-23. This concise article outlines constructive ways that teaching staff can manage children’s anger in the classroom. Articles in Classroom magazine can be freely accessed through libraries that subscribe to the Australian Education Index database. They are also available to the public for purchase through EdResearchOnline: www.acer.edu.au/library/edresearch.html

Embrace the Future provides quality information on a range of social and emotional skills in primary school aged children for parents, carers and teaching staff. Information and games suitable for children on the topic of anger is available on the kids’ site: www.embracethefuture.org.au/children/index.htm?feelings2.asp

