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Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

Our privacy notice is available at medwaycommunityhealthcare.nhs.uk/privacy/
If you would like to view or request a copy of your patient record, please contact us at medch.dataprotection@nhs.net or on 01634 334640. In most instances this service is free and we aim to provide the requested information within 1 calendar month. More information can be found by visiting: medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/

Ref: MCH 627

Who to contact

Community Child Health Service
t: 0300 123 3444
Snapdragons Centre, Cliffe Road, Strood,
Rochester, Kent ME2 3FF

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

Customer care

Please send any comments about Medway Community Healthcare services to: -
Customer care coordinator
Medway Community Healthcare
MCH House, Bailey Drive, Gillingham, Kent,
ME8 0PZ
t: 01634 334650
medwaycustomer@nhs.net

All contact will be treated confidentially

This information can be made available in other formats and languages. Please contact:
medch.communications@nhs.net



Anger management for children Parent leaflet



Medway Community Healthcare CIC providing services on behalf of the NHS
Registered office: MCH House, Bailey Drive, Gillingham, Kent ME8 0PZ
Tel: 01634 337593
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Recognising your child's anger

Most children will be angry at one time or another. Sometimes when a child is angry, there are other emotions hidden beneath the surface. It can be easy to see a child's anger but can be difficult to see the underlying feelings the anger is related to.

Children may express their anger through tantrums, verbal outbursts, swearing, throwing things and fighting. They act out because they don't have other ways of coping or managing what's bothering them.

Top tips for helping children with Anger Management

We can teach children a way of understanding their angry emotions and how to respond to these emotions in a helpful way. The immediate response to anger for some children is to hit out.

This relates to the fight/flight reflex that is activated for some children at these times. Children can be taught ways to regulate their angry feelings so that they do not become damaging or abusive.

- Help them to connect with their feelings by checking out the reason for their anger e.g 'Are you angry because Jimmy took your favourite car?'
- Let them know that their feelings are being heard (but you may not be able to change things) e.g 'I know It's frustrating that you can't have ice-cream now, how about we write down the flavour you like the most so we remember for next time?'
- Teach children that hitting is not an acceptable way to display their anger & to use words instead of hitting.
- Role model how to manage anger, when you are angry express this in words and show how to manage the feelings by what you do next e.g take a 5 minute time away to calm down, practice deep-breathing exercises.

- Avoid using put-downs or critical statements when role-modelling how to manage anger, focus on labelling your feelings e.g 'I am annoyed that you have not put your toys away yet'
- Children learn about anger better from an adult who is moderately expressive than one who is always reasonable and contained. Children need to see that parents are human too.
- Encourage Meaningful Activities & Interests. Pay attention to what makes children excited or passionate. Music? Drawing? Tools? Help them get good at something they like. This is one of the best ways to build a sense of competence. That feeling can translate into other areas, too. Be sure to choose a setting where they can succeed and feel comfortable.
- Write out a list of buttons that trigger anger in your child. For each button think of a strategy that can be a release. Rank the buttons in order of most-least annoying. Review the list each day to see if any buttons have been pressed.
- Teach children relaxation techniques for managing anger. Practice deep breathing, mindfulness or visualisation with your child to help them to learn these skills.

What help is available?

Recommended apps:

- Breathe, Think, Do with Sesame –iOS and Android - Free
- Calm – iOS and Android - Free
- Dreamy Kid – iOS – Free
- Headspace – iOS and Android – Free
- Emotionary – iOS – Free
- Breathing Bubbles - iOS – Free
- Stop, Breathe, Think – Free
- Smiling Mind – Free

NSPCC Positive Pathways, Pear Tree House, Gillingham, 01634 564 688

Is a free service in Medway designed to help children aged 7 to 18 solve their problems and worries by building their confidence, skills, strength and resilience so they can cope with them now and in the future. To make a self-referral to Positive Pathways, get in touch with one of the service centres where it is currently delivered in Medway.

Medway Young Persons' Wellbeing service – NELFT - 0300 300 1981

The Medway Young Persons' Wellbeing Service provides emotional wellbeing and mental health advice and support for young people and their families across Medway. Our service is available to young people from the age of 0-18 (up until their 19th birthday) and up until the age of 25 for young people with special educational needs or as part of a wider network of support for children and young people in the care of the Local Authority.

The Medway Young Persons' Wellbeing Service offers advice and support for:

- Stress
- Low mood
- Depression
- Anxiety
- Self-harm
- Difficult to manage behaviours as well as support for neurodevelopmental difficulties such as ADHD or ASD.

If you feel like you might benefit from some of the self-help resources on offer you can access these for yourself for free by signing up to MindFresh here: <https://mindfresh.nelft.nhs.uk/>

