

The Disrespectful, Angry Child

Disrespectful, angry children are rigid. They want their own way about everything. They may be perfectionists – and may be very good students. Or, they may show their anger and disrespect by doing poorly in school.

Anger and disrespect may also be a cover for other emotions – feelings of powerlessness, frustration, fear or pain.

What Can Parents Do?

1. Be a good role model. Your attitudes and the way you treat others will have a strong impact on your child.
2. Talk about why others deserve respect. We each have different skills and talents. We each see things a little differently. And, those differences make society better. Even when we disagree with others, it's still important to respect them and their right to their views.
3. Don't fight fire with fire. If your child is angry with you, it's hard not to get angry back. Learning to manage your own angry response is the first step in teaching your child how to deal with anger in a positive way.
4. Think about your child's exposure to violence. Some experts believe that watching too much violence on television can make children more aggressive and defiant. Try restricting what your child watches on television.
5. Don't get into power struggles. With angry children, it's important to pick your battles. Don't get into power struggles over minor issues.
6. Accept and reflect. When children misbehave, they need to know that their parents still love them, even though they don't love their behavior.

Teach Your Child to Cope With Anger

1. Learn what situations are likely to lead to anger and teach your child how to deal with those situations.
2. Learn the "early warning signs" of anger and teach your child coping strategies.
3. Set up a behavior plan. Enforce consequences for inappropriate behavior. Consistency is important. Make your consequences reasonable, and then apply them...every time.
4. Get help if you need it. Check with your school counselor, doctor or local mental health center for resources in your community.