

Understanding and Managing Anger in Children



Mon 2nd Dec. 2019 | 19:15 - 21:15 £19.50
The SandPit Theatre, The Ridgeway, St Albans, AL4 9NX
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Anger and assertiveness can be a healthy reaction in children and normal bid for independence and self protection. But when it becomes excessive, it can be harmful for the child and for those around them. From arguments and tantrums over everyday tasks, to excessive verbal and physical aggression, this practical talk will cover the roots of difficult behaviour and share the considerable recent advances in understanding how best to manage it. It will explore the triggers of aggressive behaviours and show parents how to establish a calm plan to overcome them.

Who is the talk for?

This talk is for parents of children who are aged 2-10 years (pre teen). The approach presented is relevant for parents who have concerns about their children's angry behaviour.

What will parents get from this talk:

- an understanding of what triggers anger, and what makes it more likely to happen again
- how to improve the relationship with the child, so that angry outbursts are less likely
- how to cope calmly with child anger and not get sucked into angry cycles
- practical moment to moment advice on how to deal with the child, both when being disruptive and the rest of the time

About the Speaker

Professor Stephen Scott CBE is Professor of Child Health and Behaviour at The Institute of Psychiatry, Psychology and Neuroscience Kings College London. He is Director of The National Academy for Parenting Research, and Consultant Child and Adolescent Psychiatrist who works with families of children who can be difficult. He has carried out a number of trials to discover what works best with both younger children and adolescents to improve their anger and mood. He is the author of the bestselling textbook "Child and Adolescent Psychiatry" with Professor Robert Goodman. He is about to launch an online program to help parents.