



# ELTERN POST

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ELTERNPOST 01/2026 – Dealing with anger in children



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Der Kinderschutzbund  
Landesverband Bayern

## DEALING WITH ANGER IN CHILDREN

parents can help their child  
cope with anger

*Dear parents, guardians and families,*

Anger is part of growing up. All children get angry sometimes.

Some children scream.

Some children cry or stamp their feet.

Some children bite, spit or scratch.

This means that your child is not well.

Your child needs help.

In this Elternpost, you will learn in a concise and understandable way

- why anger is normal and important,
- what helps children when they are angry
- and how you can support your child in everyday life.

*Your Team at the Kinderschutzbundes  
Landesverband Bayern*

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## ANGER IS A NORMAL EMOTION

Anger is not a mistake.

Anger shows that something is not right.

For example, when a wish is not fulfilled, something is unfair, or a child is tired, hungry or overwhelmed.

Children are not yet able to control their emotions well.

They learn this over the years.

That is why children need adults who remain calm and help them.



## RECOGNISING ANGER: THE BODY HELPS

The body often shows early signs that anger is coming.

**For example:**

- the heart beats faster
- the face becomes hot
- the hands clench into fists
- the body tenses up

If children know this, they can seek help earlier.

**Parents can help by saying:**

‘You’re clenching your fists and shouting loudly. I think you’re very angry right now.’

## WHAT HELPS CHILDREN IN MOMENTS OF ANGER?

### 1. REMAIN CALM

Remain as calm as possible.

**Say, for example:**

‘I can see you’re very angry. I’m here for you.’



## 2. DO NOT TALK TOO MUCH

When your child is very angry, they will not be able to listen.

Wait until they calm down.

Only then should you speak.

## 3. NAME FEELINGS

Children first have to learn feelings.

They need simple words for them.

### Parents can help by saying:

'I think you're angry.'

'Does that feel unfair right now?'

'Is that too much for you right now?'

### This teaches the child to say:

'I'm angry.'

'I'm sad.'

'I don't like that.'

'I need help.'

## 4. SET CLEAR AND CALM BOUNDARIES

All feelings are allowed.

But not all behaviour.

### For example:

'You are allowed to be angry.'

'You are not allowed to hit me.'

'You are allowed to hit the pillow.'

## AFTER ANGER: TALK ABOUT IT

Once your child has calmed down, talk about it briefly.

### For example:

- 'What was difficult for you?'
- 'What made you so angry?'
- 'What helped you calm down again?'
- 'What could we try next time?'

This will help your child learn to deal with anger step by step.





# HELPFUL STRATEGIES FOR EVERYDAY LIFE

## A SMALL 'ANGER MANAGEMENT KIT'

Every child is different.

Try out together what helps.

### For example:

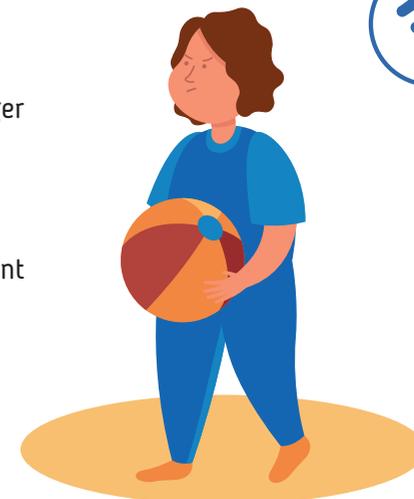
- Draw your anger (with pencils and paints)
- Scribble your anger away on a prepared piece of paper



- Write down what makes you angry
- Knead your anger away
- Squeeze an anger pillow
- Stomping your feet on the floor



- Breathing in and out deeply
- Looking at a picture book about anger
- Throwing a ball in the garden
- Listening to music
- Going into a quiet room for a moment
- Shaking your hands three times
- Humming loudly
- Tearing up a piece of paper (with your anger written on it)



### Parents can ask:

- 'What helps you when you're angry?'

### This teaches the child:

I'm allowed to be angry.  
I know what helps me.



### PRAISE GOOD BEHAVIOR

Praise your child when they manage their anger well.

#### For example:

'I saw that you walked away instead of hitting someone. You can be proud of yourself.'

#### This teaches your child:

I can do this.

### DON'T SUPPRESS ANGER

Don't distract them ('Let's eat first')

Don't downplay it ('It's not that bad')

Don't blame them ('And what did you do?')

Don't give advice ('Go and apologise right now')

Because: That usually makes the anger even worse

**Better: Stay there - listen - ask questions**

## WHEN IS HELP USEFUL?

### Get help if:

- Your child gets very angry very often and very intensely every day
- Your child hurts other children
- Your child withdraws significantly
- Your child hurts themselves
- You yourself are very exhausted

### You can contact:

Your paediatrician, nursery, school or educational counselling centres.

**Getting help is not a failure.**

**Getting help is a sign of strength.**





## HILFSANGEBOTE

### Buchempfehlung:

- Wohin mit meiner Wut?  
→ *Dagmar Geisler, LOEWE Verlag*

### Internetlinks:

- Wut bei Kindern verstehen – das können Eltern tun | ElternLeben  
→ <https://www.elternleben.de/erziehung-und-foerderung/wut/wut-bei-kindern/>
- Wutausbrüche bei Kindern: Was dahintersteckt und wie du reagierst | ElternLeben  
→ <https://www.elternleben.de/erziehung-und-foerderung/wut/wutanfall-wutausbruch/>
- Was ist das Gute an Wut? | Die Seite mit dem Elefanten (Sendung mit der Maus – Elternbereich)  
→ [https://www.wdrmaus.de/elefantenseite/elternseiten/kinderthemen/kinder-und-gefuehle/wut.php#frage\\_1](https://www.wdrmaus.de/elefantenseite/elternseiten/kinderthemen/kinder-und-gefuehle/wut.php#frage_1)
- Wie Sie Ihrem Kind helfen mit Wut umzugehen | Sensible Osteopathie  
→ <https://www.sensible-osteopathy-berlin.com/blog/wie-sie-ihrem-kind-helfen-mit-wut-umzugehen/>
- Kindern Wut erklären und richtig damit umgehen | Familiencouch  
→ <https://www.familiencouch.com/kindern-wut-erklaren-und-richtig-damit-umgehen/>
- **Video:** Was ist das gute an Wut?:  
→ [https://www.wdrmaus.de/elefantenseite/elternseiten/kinderthemen/kinder-und-gefuehle/wut.php#frage\\_1](https://www.wdrmaus.de/elefantenseite/elternseiten/kinderthemen/kinder-und-gefuehle/wut.php#frage_1)



Anger is part of life.

Anger shows that limits have been reached.

Children learn to deal with anger.

Children observe how adults deal with emotions.

You can help your child by remaining calm, showing understanding and setting clear boundaries.

This is an important skill for life.



## KURSE, ANLAUF- UND BERATUNGSSTELLEN:

- Nummer gegen Kummer Elterntelefon → 0800 111 0 550
- Step-Beratungstelefon → 0211 81 97 10 81
- Online-Familienberatung der Caritas  
→ <https://www.caritas.de/hilfeundberatung/onlineberatung/eltern-familie/start>
- bke-Elternberatung (online)  
→ <https://eltern.bke-beratung.de/views/home/index.html>
- Starke Eltern - Starke Kinder-Elternkurse  
→ <https://sesk.de/kurs-suche/>
- Familienpat\*innen  
→ <https://www.familienpaten-bayern.de/informationeninteressierte-fampa-bayern/fuer-familien-fampa-bayern.html>



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mit dem Betreff: "Aufnahme in den ElternPost-Verteiler"

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