



“Stress Busters” Handling Parent Anger

Parenting is hard work! It requires patience, calmness, and a good handle on managing parenting anger. So much of the nature of children is hard to deal with in a busy, time conscious, adult world, especially in light of a busy life and time constraints. In this course, learn about challenges that trigger parent anger, tools that help neutralize anger in the moment and strategies for handling anger long term.

We are living in a new digital world. Parents need new tools!

Course outline is based on Health Canada, Growing Miracles (Three Cheers for the Early Years), Love and Anger: The Parental Dilemma, by Nancy Samalin, and Invest in Kids Recommendations.

Course Objectives

- Participants will learn about the triggers of parent anger.
- Participants will learn developmental stages of children that may be more challenging at times.
- Participants will identify at least 10 key methods (including self-talk) to handle anger in the moment.
- Participants will discover long term effective anger management strategies as well as how to acquire more patience in parenting.

Presented by:

**Judy Arnall, BA, International award winning Speaker and best-selling Author of
“Discipline without Distress: 135 tools for raising caring, responsible children without time-
out, spanking, punishment or bribery.”**

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