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angry adult child i suggest you 1 don t lecture your adult child about all you have done or are doing for them if your adult child is upset they will not be able once a child is angry it s easy for him to stay in a cycle of thoughts emotions and physical responses that feed his rage here s what the angry cycle looks like an event creates pain or distress that sets off the child s anger this event can be something another person says or does or an unmet expectation coping with your child s anger requires you to handle your own emotional responses first anger can be highly contagious it is easy to misinterpret anger and see it as a personal attack research finds that aggression in toddlers and young children is extremely common more specifically 67 percent of toddler boys and 54 percent of toddler girls have hit another person in the past help kids learn to manage overwhelming feelings of anger and frustration and tantrums with this great big list of children s picture books about anger when anxiety in children looks like anger tantrums or meltdowns anxiety can be a masterful imposter in children it can sway away from the more typical avoidant clingy behaviour and show itself as tantrums meltdowns and aggression as if anxiety wasn t hard enough to deal with emotional dysregulation refers to challenges

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