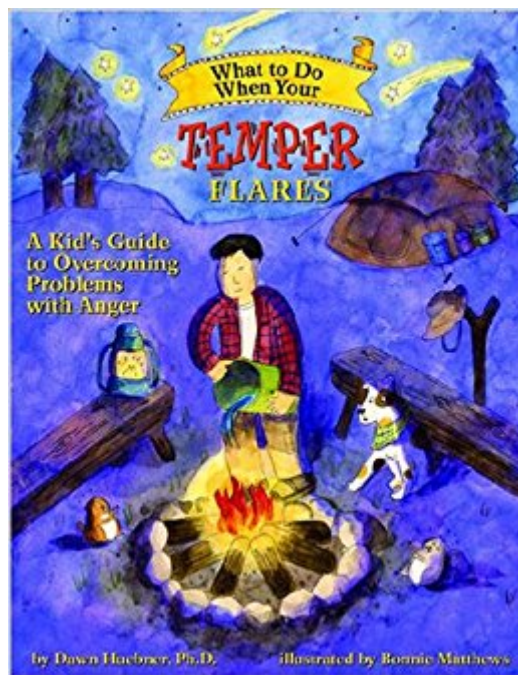


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# What To Do When Your Temper Flares: A Kid's Guide To Overcoming Problems With Anger (What To Do Guides For Kids)



## Synopsis

Guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. This interactive self-help book teaches children a set of anger dousing methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids.

## Book Information

Series: What to Do Guides for Kids

Paperback: 96 pages

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Language: English

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Product Dimensions: 0.2 x 8.5 x 11 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 233 customer reviews

Best Sellers Rank: #1,420 in Books (See Top 100 in Books) #33 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#) #37 in [Books > Medical Books > Psychology > General](#) #123 in [Books > Children's Books > Literature & Fiction](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

"Filled with the anger management strategies every child needs to know, this book covers in 12 highly appealing chapters what others have taken volumes to convey. A book that is immediately useful." -- Andrew Nathan, PsyD, Dartmouth Medical School

Winner of 2008 Mom's Choice Awards Gold Recipient: Self-Improvement.

This is a fantastic resource for parents! I have a bright, amazing, caring 6 year old with an explosive temper. As any parent raising a child with intense emotions knows, it's extraordinarily difficult attempting to help your child contain their huge, oftentimes destructive feelings. What I love about this book is it does a fantastic job of not just offering coping skills, but clarifying that anger is a

choice and it is a choice that has consequences. Using techniques from Cognitive Behavioral Therapy, it empowers kids to take accountability for their responses to situations. There are tons of books out there offering coping skills, mindfulness techniques, etc, but this is the first I've found that focuses on thoughts and behaviors in a simple, comprehensible way. Training my kiddo in calming techniques, like taking ten deep breaths hasn't helped that much, but she seems to respond well to the idea that she is in control of her responses. Perhaps it has something to do with the element of control...anger is often a bid to feel powerful in a difficult situation. The element of choice -- "how will I respond to this difficulty?" -- is one way to apprise control, though in a positive way. Anyway. Last thing: the price is awesome. Such a great deal for such a great tool. I'm so grateful for it.

I got this for my 11-year-old, who immediately told me it's juvenile and that he's way too far advanced for it. I made him read it anyway, a chapter a day. On day three, he asked if the authors had been spying on him, because it so exactly and perfectly fits him and his entire life experiences.

This book changed my sons view of his anger, empowering him to make a difference in his own life. So helpful at removing 'mom' from the equation and allowing us to discuss his options to diffuse himself. We have pulled this book out hundreds of times over the past few years. The myth debunking in this book is outstanding. The authors address all the common 'hot thoughts', at the perfect moments, making the kids feel like this book is speaking directly to them. Pure genius. Incredibly humbling for my son to realize he is not alone!

If you have a child with OCD this is a great workbook for you and them. Anger can always come with OCD because they have so much going on in their minds it's frustrating to handle. My granddaughter's therapist uses this workbook. It helped her a lot. I have it as well to review with her.

I love this book when I'm working on anger coping skills with children. It gives them an understanding of all the different ways we can deal with anger and why they are important. I definitely recommend this book.

I've never bothered to write a book review before, but this book promises to be a life changer. I hope others will find it as useful as my daughter and I already have. Dawn Huebner and Bonnie Matthews are spot-on with their examples and illustrations depicting our personal situation. It's almost as if they've been peeking through our windows. Like some of the other reviewers, my daughter pitched

the book across the room as soon as I showed it to her, but when I called her bluff and made a move to trash it, she quickly back-pedaled and assured me that she wanted to get better. Once we started working through it, she would take a mocking tone and say something to imply that the author didn't know HER and the very next sentence would speak to her grumble. Dawn nailed it every time and the illustrations were strikingly familiar as well. The book's credibility has risen to a surprising level, though she will never acknowledge it. The workbook style with humor sprinkled throughout has made the book much more fun for both of us. She likes writing in the book since that is usually considered "bad" behavior. I have two favorite parts. The first is a list in Ch. 3 of "why bothers" that include such gems as "Has anyone ever said, 'I want to be your friend because you are so good at losing your temper'" and "Have you ever fallen asleep with a smile on your face, thinking about all the times you got mad that day?". The second is a caution to parents not to provide the "cool thoughts" for the child as that will only infuriate her more. I've experienced that response many times in the past and now know that it is typical and not unexpected. I do suggest following the method outlined by the author for best results. My daughter and I are simultaneously working on the Dreading Your Bed book to undo 5 months of problems after she saw part of zombie movie at a neighbor's house. It has been equally good, but different enough to keep it fun. We will start the Grumbling book next. If you have a child with a short fuse, get this book - you won't regret it.

This is one of the best workbooks I have seen. It is making a huge difference in my little one's life (8yr old with OCD). I am combining the tools given with a behavior modification reward system and it's been working extremely well.

Very good book! We started to read with my 8 years old. We talk through what we reading. I'll update later from the results.

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