



Advice for Parents & Carers

About challenging behaviour and emotional outbursts ...

All children from toddlers to teenagers will have their challenging moments when they push boundaries or their behaviours cause concern. However, some children and young people really struggle to manage their emotions in a healthy, effective way which can lead to anger, aggression, conflict or emotional 'meltdowns' when the child appears to be overwhelmed to the point of distress. They may seem to swing into a 'negative' emotion very quickly, over the smallest of triggers and their reaction will seem completely disproportionate to the situation e.g screaming, crying, throwing things, etc. Additionally, it can take them a long time to calm down.

Like many aspects of emotional wellbeing, these difficulties can become a vicious cycle: outbursts or challenging behaviours create feelings of frustration or confusion – particularly if there are negative consequences – which then adversely affect mood, increasing the likelihood of another outburst. If these behaviours are creating problems at school and at home, it can be very easy for young people to be labelled and, to label themselves, as a 'bad person' or feel like people are picking on them.

If this is your main concern about your child's wellbeing and it is impacting family life, please consider speaking to your school SENCO and seeking support from **Bromley Children Project** who work with parents/carers to help address these issues with the whole family in mind.

Helpful resources ...

The Incredible Years: Trouble shooting guide for parents of children aged 3-8 years by Carolyn Webster-Stratton

A fantastic self-help book that supports parents/carers to build strong, positive relationships with their children, reduce problem behaviours and encourage self-regulation skills. Many wellbeing and family practitioners draw on this book when working with challenging behaviours.

A Volcano in My Tummy: Helping children to handle anger by Elaine Whitehouse and Warwick Pudney

A clear guide aimed at parents/carers of children age 6-13. Packed with activities and stories, this book helps children and their parents/carers understand how to constructively deal with a child's anger through anger management techniques and effective communication of emotions

[Young Minds: Responding to anger](#)

Information, advice and additional resources for parents/carers concerned about their child or teenager's anger

[NHS Website: Coping with your teenagers](#)

[NHS Practical advice on managing with challenging or aggressive behaviours](#)

[Royal College of Psychiatrists Website: Behavioural problems and conduct disorder](#)

Clear information and advice for parents about serious behavioural problems such as conduct disorders