



# Angry Children, Worried Parents: Seven Steps to Help Families Manage Anger (Seven Steps Family Guides)

*Sam Goldstein PhD, Robert Brooks PhD, Sharon Weiss MEd*

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Acknowledging that anger in children is an emotion that cannot be entirely avoided, this guide outlines a 7-step program to promote anger management in children aged 4 to 14. It offers techniques to help children deal with stress and anger, build confidence and resilience, and use effective coping behaviours to avoid dysfunctional behaviour.

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