

Strategies for calmer parenting

DONCARE is offering a course for exasperated parents next month.

Family worker Sue Kerchhoff said many parents wanted help dealing with angry feelings towards their children or their children's behaviour.

Ms Kerchhoff said the six-session parenting course, *Angry Child? Angry Parent? Managing Anger in the Family*, would analyse the function and physical symptoms of anger and pass on calming strategies.

She said the child's perspective would be considered, including developmental stage, temperament and needs.

Parents would then be encouraged to change their:

THOUGHTS from "she knows better" to "she may not. This is to be expected for her age".

WORDS from "you make me so angry! You've made a mess again" to "I feel angry when you track mud into the house because the carpets get dirty. I'd like you to leave your shoes at the door".

ACTIONS using positive parenting strategies to boost cooperation, including problem solving and descriptive praise.

"Parents report calmer households and improved family relationships after attending the course," Ms Kerchhoff said.

The course starts on October 18. Details: 9841 4215.