



Student Support Guide

Information for Parents and Carers

Child Anger and Aggression



Resources to support with Child Anger and Aggression

MindEd - <http://minded.e-lfh.org.uk/families/index.html>

This includes a range of topics that can be worked through including top parenting tips. If you scroll down and click 'common problems' you can access information such as feelings & emotion, anger & aggression, Top Parenting Tips and Child Anger and Aggression.

There is a free session available on MindEd website which deals with anger management and other issues. To access the course for free, follow the steps below, the session will take between 30-60 minutes:

- ⇒ **Go to www.minded.org.uk**
- ⇒ **Click on “Go to MindEd for Families—children and teens”**
- ⇒ **Scroll down and click on “Common Problems”**
- ⇒ **Click on “Anger and Aggression”**
- ⇒ **Scroll down and click on “View Session”**

Family Lives - <http://www.familylives.org.uk>

Free confidential helpline for support **0808 800 2222**

Open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday

[http://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour/an interactive session on dealing with aggressive behaviour from your child](http://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour/an%20interactive%20session%20on%20dealing%20with%20aggressive%20behaviour%20from%20your%20child)

You can make a referral to The Early Help Unit on 0115-804 1248 or

E-mail: early.help@notts.cc.gov.uk

<http://www.nottinghamshire.gov.uk/care/childrens-social-care/nottinghamshire-children-and-families-alliance/pathway-to-provision/early-help-assessment-form>