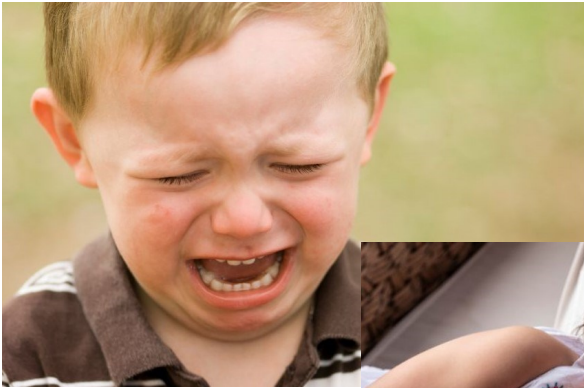


# Help! My Child is Having A Temper Tantrum

## What Can I Do?



What can you do to stop your child from being so angry? Do these phrases help?

"Sit on this step!" "Go to your room!" "Calm down!"

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## Anger Mountain — Manage the Roller Coaster of Big Emotions

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Jennifer Watanabe, a Child Behavior Consultant and Parent Coach, helps parents help their children. She is retired from Bellevue College in Washington state after 24 years of teaching hundreds of parents how to help their young children manage their big emotions.

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