



Anger and Love



with aunty Gnanam Rajasingh



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Shalom Family Enrichment Mission

Psalms 103:17

“But the mercy of the LORD
is from everlasting to everlasting
upon them that fear him,
and his righteousness unto
children's children;”



The Right kind of anger

- ✓ Can lead to marital conflicts
- ✓ Train our children to manage their anger
- ✓ Only two options, verbal or behavioral expression



Keep his emotional love tank full

- ✓ The child whose love tank is empty is compelled to ask, through misbehaviour “Do you love me?”



Keep a Record

- ✓ How many hugs I am giving my child every day.
- ✓ How many times I give him / her a back rub?
- ✓ How many times I give high five?



How often we used this type of sentences

- ✓ I love you.
- ✓ You are so smart.
- ✓ You did a great job.
- ✓ You are an awesome kid.

1. I think you're awesome!
2. You did a great job!
3. You make me smile.
4. I'm grateful God gave you to me.
5. That was a really kind thing to do.
6. Thanks for being such a great kid!
7. Thanks for working so hard.
8. You give the best hugs.
9. I love being your (parent, grandparent, aunt)
10. I saw you helping your mother.
11. I saw you being kind to your little brother/sister.
12. I believe in you.



Are you practising this things?

- ✓ How many minutes you put him / her on your lap.
- ✓ Did you tell at least a story per day?



Are you practising this things?

- ✓ What are the games you played with your kid and how long?
- ✓ Did you give any surprise this week?



Are you practising this things?

- ✓ Did you watch a program with him/her in the TV this week?



Let your Child show his/her anger.

- ✓ What is the child's attitude towards my authority
- ✓ Some children express anger to manipulate their parents



Always remain kind but firm.



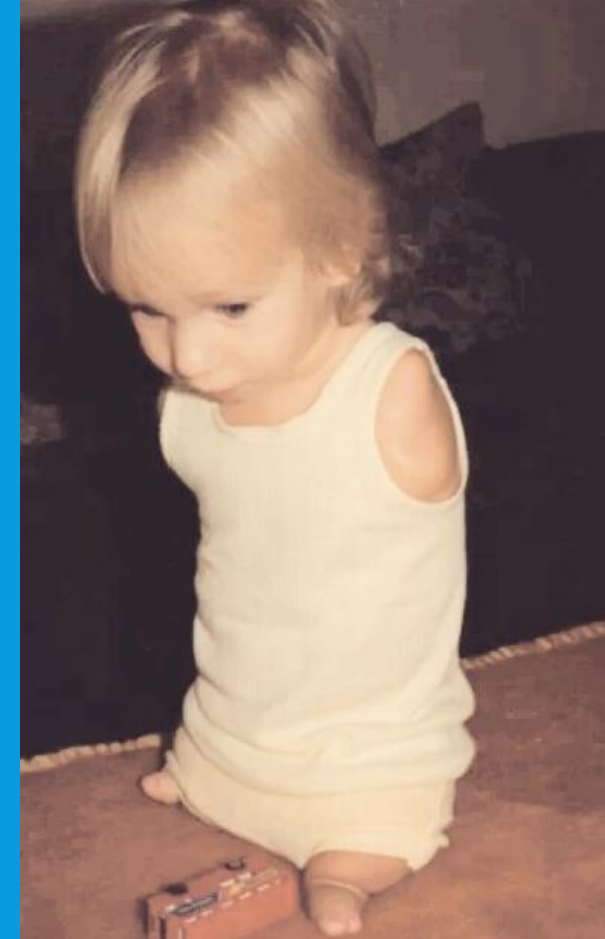
After an angry outburst

- ✓ Let her know that you are not going to condemn her.
- ✓ Command your child for things she did right.
- ✓ Help your child take a step up the Anger Ladder.



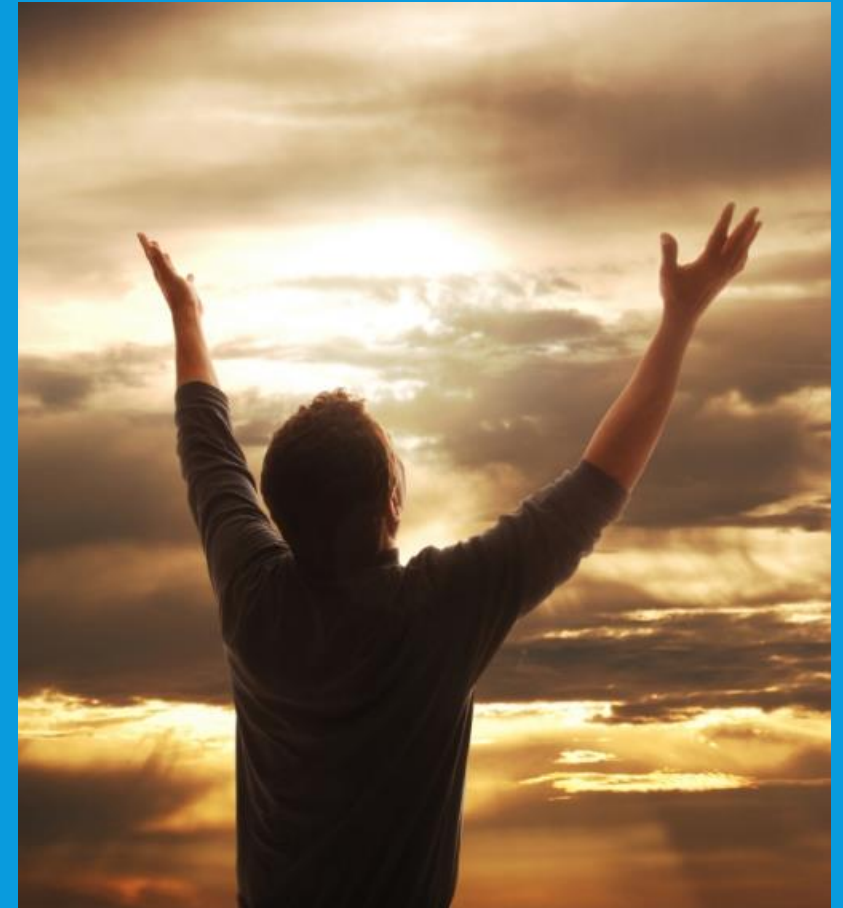
An encouraging word to the parents of Challenged Children

- ✓ Stop asking why Lord
- ✓ Start asking how Lord



An encouraging word to the single parent

- ✓ Stop asking how Lord
- ✓ Start asking help Lord



Anger and Love

- ✓ The Right kind of anger
- ✓ Keep his emotional love tank full
- ✓ Always remain kind but firm.
- ✓ After an angry outburst





Self Analysis



Isaiah 54:13

“And all thy children shall be taught of the LORD; and great shall be the peace of thy children.”



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