

## HOW TO HELP CHILDREN WITH



# AGGRESSIVE BEHAVIOR?



## WHAT YOU CAN DO

### AVOID YELLING AND IMPLEMENTING HARSH DISCIPLINE

Yelling at children or using physical punishment can justify aggressive behavior and is counterproductive in its management.



### DISCUSS APPROPRIATE AND INAPPROPRIATE BEHAVIOR



Explain to them the consequences of their aggressive behavior. Tell them they are likely to hurt others which is not good.

### GIVE TIME-OUTS

Short-duration time-outs are okay for children to understand that their behavior was inappropriate.



## THERAPIES YOU MAY TRY

### ART THERAPY

It is scientifically proven to help children deal with anger and increase self-esteem in aggressive children.



### MUSIC THERAPY

It includes listening, singing, playing instruments, or composing music, and has been found to reduce aggression and improve self-control in children.

### MINDFULNESS

It is a form of meditation that relieves stress and improves self-awareness and empathy. It is effective in decreasing aggressive and oppositional behavior.



### REFERENCES

1. Effects of Art Therapy on Anger and Self-esteem in Aggressive Children; Science Direct
2. Play Therapy: Considerations and Applications for the Practitioner; NIH
3. Music-based intervention to reduce aggressive behavior in children and adolescents: A meta-analysis; NIH