

COMMON CHILD ANGER TRIGGERS

Ending electronic time	Itchy, uncomfortable clothes
Brushing teeth	Food pickiness, food options
Getting ready for bed	Losing a game
Coming inside from playing with friends	Denied a want (e.g., electronics)
Can't have a playdate/activity with friends	Unpleasant sensory experience
Jealous of sibling or parent attention	Surprise, shock, sudden change
Homework too boring, tedious, long	Loss of privilege; consequence
Homework too hard, challenging	Insults, taunts, teasing
Parent getting mad	Unfair situation, perceived injustice
Change in plans	Confrontation/fight with peer
Chores	Conflict with sibling
Having to run errands	Others not following rules
Loud places	Being pushed to do something scary
Not enough sleep	Getting caught in a lie
Hungry, not eating well	
Sick, allergies, not feeling well	
Criticized, corrected	
Make a mistake	
Feel left out, rejected by peers	
Embarrassed by attention or mistake	
Sensory overload with noise, chaos	
Having to wait for a want/need	
Boredom	

It only takes a spark, to get a fire going.....

Kindling:

HALT: Hungry, Anger, Lonely, Tired

Underlying vulnerabilities such as obsessive tendencies, impulsivity, sensory issues

Sparks: FIRED UP

Frustrations

Interruptions

Refusals

Expectations

Delays

Unfairness

Provocations

How do you help them through the sparks? Be proactive and plan.

Oxygen:

This is the child's mindset that feeds the fire. Does the child have ongoing distortions or negative attributions?

Examples:

Nobody ever believes me.

Teachers/parents/other kids are out to get me.

I have to win, or else I'm a loser.

I can't do hard things, or else I'll lose control.

I have to control others or else they'll control me.

There is no point in trying to make things better.