

FIRE UP Launch Transcript

I am really excited to announce the launch of our FIRE UP anger control program. Fired up teaches children how to handle anger triggers before they lose their temper. While calm down strategies are important fire it up emphasizes a proactive approach using well-established teaching principles. We gradually expose a child to the fired up triggers and build their anger control skills. We can focus specifically on the triggers that are most difficult for that child.

While calm down strategies are an important element. Our primary emphasis is proactive and preventative. In the FIRE UP program, we will:

- Teach children to manage *frustration* when struggling to accomplish a task or do well at a game.
- Cope with *interruptions* and transitions from play activities.
- Except the inevitable *refusals* when children have a request, and they don't get what they want.
- Teach them how to view task *expectations* with a kind helpful and responsible attitude.
- To manage *disappointment* through patience and flexibility.
- To navigate the *unfairnesses* that are part of sibling and social interactions.
- To fend off the *provocations* that are part of pure teasing taunting and rejection.

FIRE UP uses the same multimodal modular platform that we use in our Pay Attention to Attention program. as with PATA there will be video transcripts and handouts for parents to read and share with others. Parents can learn by watching listening reading and doing they can select the topics that are most relevant to them and their family. They can selectively share video content with their children as they deem it appropriate.

For more information or to sign up for fired up visit learn at children'sprogram.com.