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Anger Management for Children with ADHD

Article from AttitudeMag.com

Anger Management for Children with ADHD



Your child needs to express his anger. It is healthy and cathartic. "But the emotion should be like a sneeze: It clears the passageways and is over," says Dr. Ned Hallowell. Here are his anger-management strategies for kids who feel intensely and sometimes spiral out of control.



See article here: <https://www.additudemag.com/slideshows/anger-management-for-kids/>