

# THE PARENTING WORK BOOK FOR **ANGRY KIDS**

How to turn your angry child into a happy one.

*You can change anger into a fun and positive outlook on life. The ultimate parenting book.*

*For parents with kids, ages 7-15*

Johan and Malony Marneweck

THE PARENTING BOOK  
FOR ANGRY KIDS

CHAPTER 1: WHAT IS ANGER?

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**1. Practical:**

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What are some of the ways in which your child/children express their anger?

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**2. Practical:**

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What are some of the things that frustrate your child/children and cause them to get angry?

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# THE PARENTING BOOK FOR ANGRY KIDS

## 3. Practical:

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What information could you give or teach your child/children to help them to be more able to handle the situations that frustrate them?

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## 4. Practical:

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Work out how you can teach your child this information and then do it. Note down any changes you might have observed in their behavior or any realizations they might have had.

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CHAPTER 2: MONKEY SEE MONKEY DO

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**1. Practical:**

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What are some mannerisms or dramatizations that you have noticed in yourself when you get angry?

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**2. Practical:**

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Have you ever noticed your child/children dramatizing their anger in a similar way to how you dramatize yours?

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**3. Practical:**

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What are some of the ways that you show that you are happy?

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**4. Practical:**

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Have you ever noticed your child/children show that they are happy in a similar way to how you do?

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**CHAPTER 3: APPLY GOOD COMMUNICATION**

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**1. Practical:**

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Recall a time when you were being ignored. What happened?

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**2. PRACTICAL:**

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Recall a time that you were in good communication with someone. What points of good communication can you recall were in use?

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**3. Practical:**

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Recall a time that you had an argument with someone. What points of good communication can you recall were not in use?

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**4. Practical:**

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What points of good communication could you improve for yourself?

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**CHAPTER 4: KILL THE CRITICISM**

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**1. Practical:**

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Recall a time when someone criticized you. How did it make you feel?

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**2. Practical:**

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Recall a time when someone praised you. How did it make you feel?

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**3. Practical:**

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Recall some times you criticized someone or your child. How did they react?

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**4. Practical:**

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Write down at least 5 things that you can praise your child for.

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**CHAPTER 5: PREVENTION IS KEY**

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**1. Practical:**

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Recall a time when you were extremely hungry or tired. How did it make you feel emotionally?

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**2. Practical:**

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How much screen time does your child/children get a day? Have you observed their behavior before, during and after many hours of screen time?

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## 3. Practical:

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Did you ever have a friend who was not actually good for you? Scan through your child/children's friends. Do you suspect that some of them might not be a good influence?

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## 4. Practical:

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Are there some things that you could teach your child that might be useful for them and help them to control their environment better? List them out and work out how and when you can teach them.

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**CHAPTER 6: MAKE THINGS FUN**

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**1. Practical:**

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Recall a fun game that you played or watched. What was your mood in general, during and after the game?

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**2. Practical:**

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Recall and write down some of your favorite games as a kid. Made up games are fine too.

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**3. Practical:**

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What are some simple ways that you can create more fun in your home?

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**4. Practical:**

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How could you turn a task that your child hates into something fun that they would be more willing to do?

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**CHAPTER 7: MUTUAL RESPECT**

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**1. Practical:**

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Recall a time when someone treated you unfairly. Did you respect that person?

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**2. Practical:**

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Recall a time when your child felt you treated them unfairly. Could you have approached it differently? What would you have done instead?

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# THE PARENTING BOOK FOR ANGRY KIDS

## 3. Practical:

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Recall a time that you had to punish your child in some way. Did you get angry? Could you have approached it differently? What would you have done instead?

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## 4. Practical:

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Who are some people that you respect? How did they treat you?

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**CHAPTER 8: REWARDS FOR HAPPINESS**

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**1. Practical:**

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Recall some of your greatest accomplishments. How did they make you feel?

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**2. Practical:**

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Using the above examples, were there any awards, or new statuses that you gained, or were there celebrations or ceremonies held for you?

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**3. Practical:**

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Do you think you are more likely to repeat or improve on your previous successes because of the recognition you received? Why?

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**4. Practical:**

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What are some ways that you can reward your child/children for their contributions in your home.

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**CHAPTER 9: LET YOUR CHILD BE ANGRY**

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**1. Practical:**

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Recall a time when someone else got angry at you for getting angry.  
What was the result?

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**2. Practical:**

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Recall a time when someone got angry and you helped them to calm  
down. What did you do?

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**3. Practical:**

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Recall any time where you stayed calm despite things being a bit frantic or emotional. What happened in the end?

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**4. Practical:**

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Practice staying calm around your angry or upset child/children until you are confident you can do it without getting emotional yourself. Write down what happened or anything you learned from this.

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CHAPTER 10: ALL THEY NEED IS LOVE

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**1. Practical:**

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What are some ways that you have observed that love is being attacked in the world today?

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**2. Practical:**

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What are some of your fondest memories? Did these moments contain love?

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**3. Practical:**

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Can you recall someone who was or is always angry? Did they seem to be very affectionate or show a lot of love?

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**4. Practical:**

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What are some ways in which you can show your child more love?

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**FINAL PRACTICAL**

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**1. Practical:**

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What are some of the key points that you have learned from this book and that you will now apply with your children?

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**2. Practical:**

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Have you made any decisions to change anything in your home environment because of this book?

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# THE PARENTING BOOK FOR ANGRY KIDS

### 3. Practical:

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Have you noticed any positive changes in your child since you started reading this book and incorporating it into your life?

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### 4. Practical:

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Do you have any other comments or feedback for the authors?

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Once you have completed all the practical exercises, you can email this workbook to us for feedback or advice at [info@superduperparents.com](mailto:info@superduperparents.com). We are always willing to help other parents and we would love to get your feedback and what you got out of our book as well.