

Anger



McMaster
Children's Hospital



For Young People

1. **How to Take the Grrr Out of Anger** by Elizabeth Verdick and Marjorie Lisovskis, Free Spirit Publishing (2002) **ISBN: 1575421178**
2. **The ABCs of Anger: Stories and Activities to Help Children Understand Anger** by Ray Ali, Whole Person Associates, Inc. (2006) **ISBN: 1570252440**
3. **Hot Stones and Funny Bones: Helping Teens Cope with Stress or Anger** by Brian Seaward and Linda Bartlett, HCI Teens (2002) **ISBN: 0757300367**

Background Information

4. **The Angry Child: Regaining Control When Your Child is Out of Control** by Timothy Murphy and Loriann Hoff Oberlin, Three Rivers Press (2002) **ISBN: 060980751X**
5. **Your Angry Child: A Guide for Parents** (Paperback) by Daniel Leifeld Davis, Haworth Press (2004) **ISBN: 0789012243**
6. **Healthy Anger: How to Help Children and Teens Manage Their Anger** by Bernard Golden, Oxford University Press (2006) **ISBN: 0195304500**

Step by Step Guides

7. **Angry Children, Worried Parents: Seven Steps to Help Families Manage Anger** by Sam Goldstein, Robert Brooks and Sharon Weiss, Specialty Press/A.D.D. Warehouse (2004) **ISBN: 1886941580**
8. **Helping Your Angry Child: Worksheets, Fun Puzzles, and Engaging Games to Help You Communicate Better. A Workbook for You and Your Family** by Darlyne Gaynor Nemeth, K. P. Ray and Maydel Morin Schexnayder, New Harbinger Publications (2003) **ISBN: 1572243120**
9. **Staying in Control: Anger Management Skills for Parents of Young Adolescents** by Millicent H. Kellner, Research Press (2003) **ISBN: 0878224971**
10. **In Control: A Skill-Building Program for Teaching Young Adolescents to Manage Anger** by Millicent H. Kellner, Research Press (2001) **ISBN: 0878224637**

Website

<http://www.apa.org/pubinfo/anger.html>

About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centres at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

The Offord Centre for Child Studies

The **Offord Centre for Child Studies** is Canada's only research centre solely dedicated to improving the life quality and life opportunities of children and youth by focusing on the biological factors and life circumstances that influence healthy child development.

The **Centre of Knowledge on Healthy Child Development** gives you access to important and up-to-date information that is based on the best scientific research currently available. It's designed to help you sort through all the conflicting information about what promotes, and what hinders, healthy child development so you can make better choices that will result in better outcomes for children.

We've organized this **Centre of Knowledge on Healthy Child Development** to focus on certain disorders, behaviour problems and life circumstances that can have a significant impact on children's health and wellbeing.

You will find information on anger, aggression and bullying, conduct disorder and oppositional defiant disorder, attention deficit hyperactivity disorder (ADHD), anxiety and depression. We'll talk about how to distinguish mental health problems from normal development. We'll discuss the impact of problems left untreated, such as poor school performance, juvenile delinquency, substance abuse, and poor peer relationships in adolescence.

Visit the **Centre of Knowledge on Healthy Child Development** at:
<http://knowledge.offordcentre.com/>

*"It is our responsibility to ensure bright futures
for today's children so that tomorrow's society will benefit."*

- Dan Offord



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