



# My Child's Rage Is Explosive

It feels like everything sets them off.



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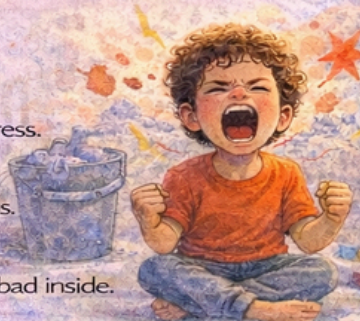
## Why does my child act this way?

**Big anger** is a signal, not just a behavioral “problem.”

When kids explode, it usually means their inner world feels like too much to handle.

### Why rage feels explosive:

-  **Overwhelmed**
  - Their bucket is already overflowing with stress.
-  **Powerless**
  - They don't know what to do with big feelings.
-  **Shut Down**
  - After the explosion, they feel ashamed and bad inside.



### For Parents:

#### Guilt

You're not a bad parent.  
You're not **failing**.

You're good and loving.  
Rage isn't fun or easy  
for anyone.  
You don't deserve to  
be screamed at.

#### Anger

It's normal to feel **hurt**  
by your child's words.

It's hard to feel scared,  
disrespected, or out of  
control. This doesn't  
make you a bad parent.

#### Exhaustion

It's normal to get used up.

You're not weak or broken.  
Parenting a child who's  
struggling is draining.



#### Art Lab (safe expression)

- Help draw their anger.
- Give it color—without fixing or shaming.  
Naming it helps separate feelings  
from identity.

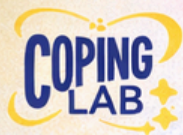


#### Rage Lab

- (anger to power)
- Let them hit a soft,  
safe target (beanbag,  
pillow or punching  
bag) to a beat.







# My Child Doesn't Express Their Emotions At All



Quiet isn't always calm.



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# My Child Doesn't Express Their Emotions At All

## When Quiet Is a Shield, Not Peace

Some children don't express emotions with words. They express them by withdrawing.

- They isolate.
- They stay in their rooms.
- They don't engage the way they used to.
- They may seem distant, lonesome, or uninterested in connection.

But quiet isn't always calm.

## How Children Get Here

Children don't stop expressing emotions for no reason.

- At some point in their lives, they may have:
- Seen emotions dismissed or minimized
- Witnessed strong emotions lead to conflict, punishment, or rejection.
- Experienced moments where expressing feelings didn't feel safe
- Learned—directly or indirectly—that emotions cause problems.

"It's safer to keep everything inside."

## What This Can Look Like Day-to-Day

When a child is withdrawn, the instinct is to push:

- Little to no emotional language
- Avoidance of deep conversations.
- Limited engagement with family or friends.
- Big feelings showing up as behavior instead of words.
- A child who "shuts down" when asked how they feel

This doesn't mean they don't feel. It means their body doesn't feel safe enough to let those feelings out.

- No talking required.
- No explanations needed.

Just shared moments that say:  
"You're safe here."

### Coping Lab Focus: Sensory Lab

(At Home & Community-Based)

- ♦ Cooking meals together
- ♦ Taking a cooking class as a family
- ♦ Pottery or clay classes
- ♦ Candle-making classes
- ♦ Baking, mixing, kneading, tasting

Activities involving:

- Touch
- Smell
- Texture
- Taste
- Sound





# My Child Doesn't Connect With Me Anymore

They're here... but they feel far away.



## Inside:

- Disconnection vs rejection
- How kids protect themselves emotionally
- Why "talk to me" can feel unsafe

## Coping Labs to try:

- Family Connection Lab
- Game Lab (side-by-side connection)
- Journaling prompts for parents + kids

## Disconnection Doesn't Mean Rejection...

- They feel safer at a distance
- They fear criticism or disappointment
- They believe you don't care
- They don't know how to explain what they're feeling






# Disconnection Doesn't Mean Rejection...

Even when they pull away, children still need connection.

When they guard their hearts, it isn't because they don't care—but because **“caring out loud feels risky.”**

As a parent, it's common to feel rejected when this happens.

But there's a difference between  **disconnection** and **rejection**.



## WHY KIDS PULL AWAY

- They feel safer at a distance
- They fear criticism or disappointment
- They believe you don't care
- They don't know how to explain what they're feeling

Remember: It's not personal. It's protective.

## Coping Labs to Explore as a Family

### Music Lab

- Family field trip to a music studio to write a song together
- Use [BeatStars.com](https://www.beatstars.com) to find fun beats and loops to create your own music



### Game Lab

- Find a game that is mutually fun for the whole family
- Look for a game focused on building teamwork or connection.



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# My Child Is Grieving and I Don't Know How to Help

Especially when the loss is heavy.



## Inside:

- How grief shows up differently in kids
- Why behavior changes after loss
- What not to rush

## Coping Labs to try:

- 💧 **Grief Lab** (gentle, non-smash)
- 🐾 **Art Lab** (memory & expression)
- 🎵 **Music Lab** (holding emotions without fixing)



### Grief Lab

(gentle, non-smash)



### Art Lab

(memory & expression)



### Music Lab

(holding emotions  
without fixing)



# For Parents:

## Understanding Grief Isn't Linear

**Grief never fits into neat stages.**

It's a tangle of feelings that can hit at any moment.



**You're not broken, stuck, or failing if grief feels hard to navigate and keeps coming back. It's normal to feel:**

### ♥ Hopeless

- Crushed by the heartache and missing them so much it hurts.

### ♥ Embarrassed

- Like you 'should be over it,' but everything brings up memories.

### ♥ Overwhelmed

- Lost in a fog of tasks, all while feeling a bit emptied out inside.

### ♥ Regretful

- Wishing you could've done or said more, replaying 'what ifs.'

**You can't force comfort on a broken heart.**

But you can show up for your child in **their** grief,  
And, even when you think you're failing, you are enough.

Because....

♥ If you're **trying**, even in tiny ways, you're helping.

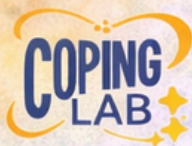
♥ If you let them feel what they feel, you're holding space.

♥ if you offer small moments of love, it's **healing**.

Giving your child a safe, patient space to grieve is the most important gift you can give. Let yourself be held, too. Seek out support for your grief — not just theirs.



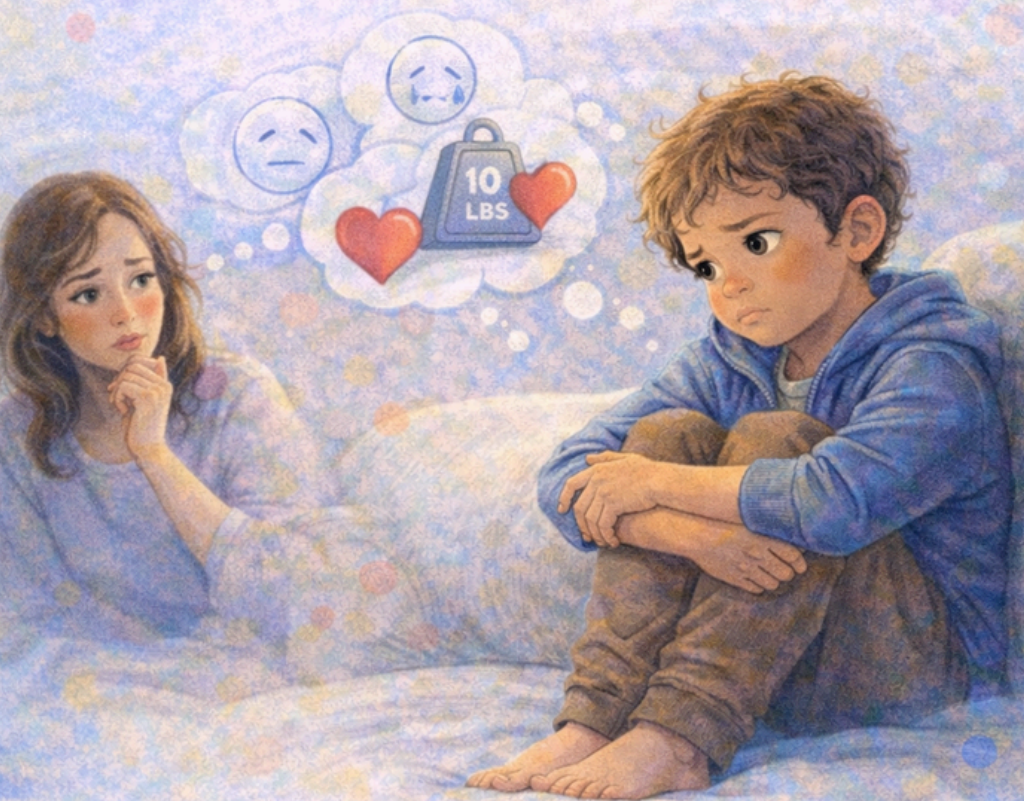




# My Child

## Tries To Be Strong All The Time

when a child believes their feelings are a burden





## Is My Child...?

Brave?

Independent?

Helpful?

No Problem!



## Here's what's happening.

**Trying to be strong** often means a child is trying to handle everything on their own.

Some children learn—quietly—that their feelings feel **“too heavy”** to share. So instead of sharing them, they carry everything alone.

## Why a child might try to be “strong”:

- ♥ They don't want to make you upset.
  - “You're already dealing with a lot. I'll be okay.”
- ♥ They worry they're hard to handle.
  - “If I talk about how I feel, things might get worse.”
- ♥ They feel like no one will understand.
  - “They'll tell me to calm down or get over it.”
- ♥ They don't feel safe being vulnerable.
  - “Sharing my feelings might bother people or make me look weak.”



## Coping Labs + Family Activities:

**Help them set down their “heavy backpack.”**

- ♥ Cook up a “worry soup” with slimes, sand, or Play-Doh.
- ♥ Stir worries and fears into a sensory bowl. Mix make a mess.



## Music Lab

- Write up “worry lyrics” or make a “song of struggles” together. Feeling good? Sing your stress away!
- Turn their worries into a song and belt it out loud to release.





# HOW DOES YOUR CHILD PROCESS PAIN?

## Take the FREE Pre-Test to Discover Their Emotional Style

Every child handles emotional pain differently. Understanding how your child reacts to hurt, disappointment, or trauma can unlock new ways to support their healing - and yours too.

This free 5-minute pre-test is designed by **Active Healing Therapy (AHT)** to identify your child's Pain Processing Style.

### THE NUMB-ER

Emotionally disconnected. Pain is stored in the body even when emotions appear absent.

### THE EXPLODER

Pain comes out fast through anger, yelling, or emotional outbursts.

### THE SUPPRESSOR

Holds everything in. Often quiet, responsible, and overwhelmed internally.

### THE DISPLACER

Redirects pain through distraction, humor, or caretaking others.

### THE PROCESSOR

Engages emotions intentionally through expression, release, and reflection.

#### Take the Pre-Test:

[CHILD / YOUTH PRE-TEST – Click Here](#)

[PARENT / ADULT PRE-TEST – Click Here](#)

*“When you know how your child holds pain, you can finally help them let it go.”*

— Dr. Rage (Imari Melton), *Emotionally in the Red*

Developed by **Active Healing Therapy (AHT)**

Trauma-Informed | Child-Centered | Evidence-Based