



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.



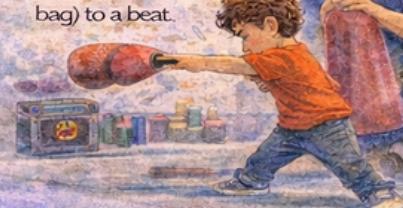
🎨 Art Lab (safe expression)

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



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When a child is withdrawn, the instinct is to push: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





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)



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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:

Heart **Hopeless**

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

Heart **Embarrassed**

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

Heart **Overwhelmed**

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

Heart **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**.



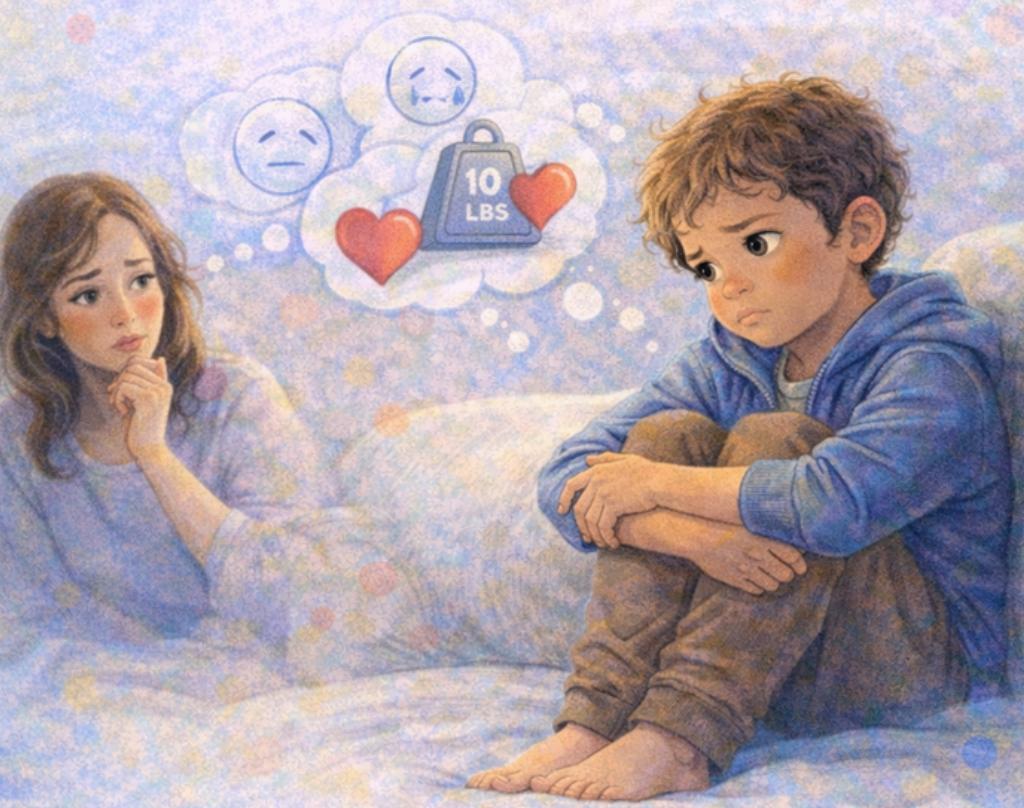
Giving your child a safe, patient space to grieve is the most important gift you can give. Let yourself be held, too. Seek out support for your grief – not just theirs.



My Child

Tries To Be Strong All The Time

when a child believes their feelings are a burden

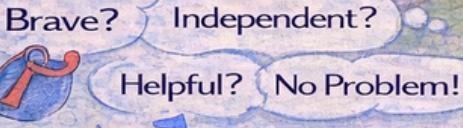


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Is My Child...?

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.

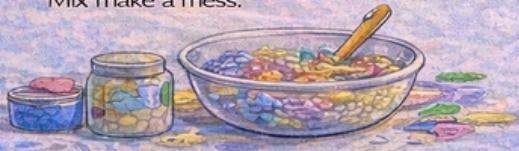
- “Sharing my feelings might bother people or make me look weak.”

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