

Autism and Anger Management – A Guide for Parents and Carers

Communicate Clearly

- Autistic people may experience frustration and anger due to difficulties in communication and sensory differences.
 - Speak clearly and precisely using short sentences.
 - Use **visual communication tools** to help express wants, needs, or physical discomfort (e.g., visual stress scales, PECS, body part symbols, pain charts/apps).
 - Apply the **"six-second rule"**: give the information, wait six seconds to allow processing, then repeat if needed using the same words.
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Provide Structure

- Establishing structure reduces anxiety and helps manage anger:
 - Use **visual timetables** and supports.
 - Include **relaxing activities** in daily routines.
 - Allow **time alone** to recharge.
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Help Identify Emotions

- Emotions can be difficult to understand; use visual aids like:
 - **Traffic light systems**
 - **Thermometer scales**
 - **Number scales (1–5)**
 - Teach the meaning of “angry” by referring to **physical signs** (e.g., red face, tummy ache).
 - Once calm/angry extremes are understood, teach the in-between emotions.
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Use Social Stories or Digital Tools

- Social stories help children understand and manage anger.
 - Adults can use tools like **Brain in Hand** for self-management.
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Offer a Safe Space or Time Out

- Provide a calm space to regulate emotions—could be:
 - A **bedroom** or **quiet area**

- A **calming activity**
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Offer an Alternative

- Redirect anger into a **physical outlet** such as:
 - Punching a punchbag
 - Jumping on a trampoline
 - Running in the garden
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Watch for Bullying

- Autistic people are at increased risk of being bullied and may not recognize or describe it.
- Bullying can lead to anger or distressed behavior—monitor and support as needed.