

Tips and Strategies to Support Children With Anger and Behavior Challenges

One of the biggest challenges parents face is managing difficult or defiant behavior on the part of children. Whether they're refusing to put on their shoes, or throwing full-blown tantrums, you can find yourself at a loss for an effective way to respond. Please find some resources below to help manage anger and behavior challenges within your family.

[Coping Skills for Kids Managing Anger](#)

[Parenting Resources](#)

[Managing Problem Behavior at Home](#)

For additional resources in the River Forest and Oak Park area, please see the links below:

[River Forest Township Resource/General Assistance Guide](#)

[Community Resources For Your Family in Oak Park](#)

[Pandemic EBT \(P-EBT\) Snap Benefits](#)

Fun and educational online resources:

River Forest Public Library

Oak Park Public Library

National Geographic for Kids

Top 10 Virtual Museum Tours

Bill Nye the Science Guy

Free Online Games for Kids by Commonsense Media

Khan Academy for Kids age 2-7

Khan Academy Imagineering

BrainPop

Cosmic Kids Yoga