

Reviewed by Dr Bernadine Woo

Seeing Red:

Help Your Child Deal with Anger at Home and in Public

Dr Rebecca Ang and Dr Daniel Fung. Singapore: SNP Reference, 2005. 160 pages.



This 160-page book is an excellent resource for parents dealing with angry children. Written by two experienced clinicians and researchers in simple prose, it is filled with real-life examples and practical tips on how to manage anger in children. It is comprehensive, covering aspects from causes of anger, to recognising feelings, anger management techniques and developing essential life skills. Although the sections on the biological basis and physiology of anger contain some medical terms which may be difficult for the layman to understand, they are useful for parents and other carers who have some background knowledge or who want to have a better understanding of the subject.

The contents page is clear, informative and gives a good overview of each chapter, allowing busy parents to immediately select the sections they want to read. I particularly like the learning points at the end of each chapter, as they summarise important take-home messages for parents.

Chapters pertaining to the essentials of anger management like identifying feelings, relaxation techniques, positive coping strategies, problem-solving skills and managing misbehaviour are well covered. I also found the parts on emotional development, empathy, fighting fair and kindness extremely refreshing, as they focus on the holistic development of the child and the development of important life skills, rather than on anger management alone.

The chapter on working with the school is a bonus and a must-have, and underscores the importance of parents and teachers working hand-in-hand for the benefit of the child. The authors also suggest creative, innovative exercises and activities for parents to do with their children. The children's drawings and writings at the end of each chapter serve to illustrate their problems and will appeal to parents and those working with children, who will be able to identify with them.

Seeing Red is highly recommended reading for parents, teachers and all who work with angry children. ■

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