

## BENEFITS OF ROAR

Based on Duncan McKinlay's "Leaky Brakes" Philosophy, ROAR uses interactive ways to help children manage their frustrations by providing practical solutions to everyday situations that can lead to rage.

ROAR also uses an approach known as Collaborative Problem Solving (CPS, developed by Ross Greene ). Research has shown this approach to be effective in treating disruptive behaviours and other related problems.

CPS has also been used with children who have a trauma history (Holmes, Stokes, & Gathright, 2014).

ROAR has been shown to help:

- ⇒ Reduce defiance and improve compliance
- ⇒ Reduce disruptive behaviours
- ⇒ Improve frustration tolerance
- ⇒ Improve parent/carer and child communication

The Family Interaction Program is currently offering the ROAR program **FREE** to clients of the Department of **Communities, Child Safety and Disability Services.**

To find out more about the program please call us on **(07) 5678 9105**



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# ROAR



**Regulating Overload and Rage**  
Addressing anger, rage and explosive behaviour in children

## WHAT IS ROAR?

The Family Interaction Program is currently offering ROAR (Regulating Overload and Rage) to children and families involved with the Department of Communities, Child Safety and Disability Services.

The program is designed for children aged 7 to 12 years, who have difficulties with anger, rage and explosive behaviour.

In approximately 8 to 10 sessions, ROAR helps families become more aware of how “Leaky Brakes”, rather than intentional misbehaviour or “bad parenting”, contribute to emotional meltdowns.

Together the child and parent/carer learn emotion regulation and collaborative problem solving skills to address rage.

## EMOTION REGULATION

ROAR teaches families skills in:

- ⇒ Understanding what contributes to the child’s frustration
- ⇒ Recognising early warning signs of frustration and rage
- ⇒ Calming down when frustration levels rise



## COLLABORATIVE PROBLEM SOLVING

Throughout ROAR:

- ⇒ Children and parents/carers learn to work with each other, rather than against each other
- ⇒ Children learn thinking skills to handle frustrations throughout life
- ⇒ Families are taught communication skills
- ⇒ Families learn to solve problems in mutually satisfying ways