




## My child gets furious, yells, stomps his feet and loses control. How should I react?


Many parents automatically respond to this situation with their own anger. This doesn't help, as your anger only pushes against the child's anger, and makes the situation worse. Here are a few tips:

- ; **Keep proper perspective.** Kids get angry over things that are insignificant from an adult's point of view – you won't give him a cookie or he can't find his play dough. If you try to understand that these things are really important to a preschooler, you can empathize with your child's anger.
- ; **Plan ahead.** Don't wait until when the child is in a rage to deal with anger. Teach him coping skills when he is calm so that he can use them when he needs to. Talk with him about how to get rid of the anger in a healthy way – walking away from the person, telling someone else how he feels and why. Role-play a situation with him.
- ; **Stay calm.** The first thing to do is get a grip of yourself and stay calm. When you remain calm, you'll be better able to handle the situation. Remember, it's okay for your child to be angry, but *limit* the angry actions.
- ; **Model proper skills.** Be careful about how you react when you are angry. "*Children learn what they live.*" Model what you would like to see in your child. When you control your anger, it's easier to teach your child to control his.
- ; **Reassure your child of your love for him.** 

**INTERESTED IN  
YOUR COMPANY  
SPONSORING  
THIS NEWSLETTER?  
CALL 561-233-1742  
FOR DETAILS.**

University of Florida/IFAS  
Palm Beach County Extension  
Family and Consumer Sciences  
559 North Military Trail  
West Palm Beach, FL 33415-1311  
561-233-1742



MR   
7/05




# Raising Great Kids




April


## CURE MORNING CHAOS

Are your mornings rushed, full of chaos and disorganized? When your morning activities run smoothly, your kids cooperate, and you're out the door on time, it can make a world of difference in the way your day feels. Here are some steps for you to follow:

 **Start your morning at night!** A real help to smoothing out your morning is to prepare as much as you can the night before. This means choosing the day's clothing, packing lunches, getting homework together and the book bag ready, and signing permission slips. Children can be bathed the evening before also.



 **Post a calendar.** Buy the biggest calendar you can find and place it in a spot where no one can miss it. Write down the important things everyone is doing and when. Use different colors for easy reading, and to help young children identify their activities easily. Try to keep the calendar up-to-date.


 **Have a drop box.** Place a labeled box for each one by the door. Use this to store shoes, keys, backpacks, school supplies/projects – anything that goes with family members in the morning. Plastic tubs, cartons – anything that can hold the items, make great drop boxes. Allow each child to add his personal touch of artwork on his box.

"In accordance with the provisions of ADA, this document may be requested in a different format."


The Institute of Food and Agricultural Sciences is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap or national origin. COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS, STATE OF FLORIDA, IFAS, UNIVERSITY OF FLORIDA, U.S. DEPARTMENT OF AGRICULTURE, AND BOARDS OF COUNTY COMMISSIONERS COOPERATING.


# CURE MORNING CHAOS

(CONTINUED)

 Use a morning list. Make a list of everything that needs to be done. Get the children to help you think of things. List these in the order to be done. Remember that there may be emergencies.

- 
- ✓ wake at 7:00
  - ✓ get dressed
  - ✓ make bed
  - ✓ eat breakfast
  - ✓ make lunch
  - ✓ feed pets
  - ✓ meet bus at 8:00

 Check out sleep time. If your child has trouble getting up in the morning and doing what he needs to do, take a look at what time he goes to bed. You may need to change or enforce bedtime so that he gets enough sleep.


 Work on problems with a family meeting. If problems continue, take the time to sit down with your child and talk about them.


Don't forget to praise and encourage when things go right. 


Source: *Morning Madness & Angry Kid, Calm Parent*, Elizabeth Pantly



## Safety Scoop

Kids & Heat Waves  
Be Preventive

 Keep children dressed in minimal amount of loose-fitting clothing. Light colors are better than dark, if they are out in the sun.

 Never leave children in the vehicle, especially underage age 12, even for a few minutes.

 Arrange for children to cool off with a bath or shower.

 Be sure children are well covered with protective sun screen. Use an SPF of 10 or higher. Check the container to see how often to reapply. 

Source: *Kids and Heat Waves*, Sharon Hills-Bonczyk

## Did You Know?


*Did you know that you can accommodate your child's success needs? Here are some ways by which you may do that.*

? Be sure your child is developmentally able to do what you're asking him to do. For example, does he have the muscle strength and coordination to pour milk from a large container into a cup?

? Pay attention to how he learns and remembers things. Does he need to touch and practice? Be willing to explain things in different ways to him.

? Give him opportunities to practice new skills. Be patient if he does not get it right the first time.

? Get his attention before you give him directions or important information.

? Avoid offering options when there really are none. Unless it is perfectly okay for him to say, "no," avoid asking him, "do you want to take a bath now?" 

Source: *10 Ways to Accommodate Your Child's Success needs*, Jane Bluestein, Family Information Services, Minneapolis, MN, 1998 & 1999



## Yogurt Popsicles

- 1 cup plain yogurt
- 1 banana, sliced
- 1 teaspoon vanilla
- 1 cup unsweetened fruit juice or fruit chunks

Blend all ingredients together in a blender; pour into small paper cups. Freeze. Place plastic spoon or popsicle stick in each cup when yogurt mixture is half frozen. To serve, turn cups upside down and run water over them until the popsicles slip out. Makes 4-5 small popsicles. Popsicles made with orange juice or peach chunks are favorites. If you do not have a blender, mix all ingredients in a bowl. If you will be using fruit, it can be crushed with a fork and mixed in a bowl with the remaining ingredients.

## Kids Can Help

Children can measure and pour ingredients. They may also use blender with adult supervision. They may assist with pouring mixture into paper cups and placing spoon or popsicle stick in each cup.



**All children must be supervised when they are in the kitchen.**