

Raising Great Kids



DECEMBER

Helping Your Preschooler Deal with Anger

Everybody gets angry. Parents do and so do their children. Figuring what to do with the anger is tough, especially for young children. As a parent, what do you do with an angry child? Letting your anger or your child's get out of control is dangerous, and so is hiding the anger. Remember that anger is a natural human feeling.

The first thing you can do is get control over your own feelings. It will help you think of your job, which is teaching your child. Your child probably:

- ★ Doesn't understand the strong feelings building up inside.
- ★ Doesn't know what to do with them.
- ★ May be frightened at the sense of feeling out of control.

Here are some suggestions for you to help your child deal with the anger he feels.

★ **Every day, find lots of ways to encourage your child's good behavior.** You start seeing more of it when you say things like, "Thanks for hanging up your clothes." "You sure waited until I got off the phone." "Thanks for being truthful about what really happened."

★ **Ignoring anger is one way of showing the child that the behavior is inappropriate.** This doesn't mean you should ignore the child - just the behavior

★ **Give your child plenty of opportunity for physical exercise to let off extra energy.** Make sure the child isn't too "crowded in" by unnecessary rules and regulations. Remove irresistible temptations from the surroundings.

★ **Sometimes a sudden hug or show of affection will help an angry child regain control.** You can move physically closer to calm the child and help him control the angry feeling.



★ **A child needs a clear idea of what the limits are.** Allow him the freedom to operate within those limits.

★ **Talking is an acceptable way to "let off steam."** It helps the child to avoid "blowing up." Teach your child to put the angry feelings into words instead of fists.

★ **Sometimes physical restraint is necessary to stop a child from hurting someone.** This will also help the child save face. Physical restraint should not hurt the child physically or emotionally. It is not a form of punishment for angry behavior.

★ **Anger is different from aggression.** Aggression is an attempt to hurt someone or destroy something. It infringes on the rights of others. This distinction can help you respond appropriately to the many kinds of upsetting things an angry child may do. **Z**

Source: *Family Information Services*, March 2005: Focus Issue - Basic Parenting: Parenting the Three-and Four-Year-Old.

Safety Scoop

Tips to avoid possible fires and injuries during the holidays

- ✓ Check indoor and outdoor lights before using them.
- ✓ Use only indoor and outdoor lights that have UL safety approved label.
- ✓ Don't use nails, tacks or staples to hang lights.
- ✓ Don't use indoor lights outside. They are not waterproof.
- ✓ Don't use outdoor lights indoors. They usually burn hotter than indoor lights.
- ✓ Check the label to make sure that electric toys have been tested by a fire safety agency. **Z**

Source:

<http://www.kidsource.com/safety/home.holidays.safety.html>

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Did You Know?

Did you know that preschoolers can develop self-discipline?

Here are some things to remember as you foster the development of self-discipline in your preschooler.

- ★ Be very clear with your instructions.
- ★ Consider what is most important and limit rules to a reasonable number.
- ★ Acknowledge behavior that is desirable.
- ★ Make it easy for your child to comply.
- ★ Give choices only when either choice is acceptable.
- ★ Some children can only learn one, two or three at a time.
- ★ Make allowances for the age and stage of the child.
- ★ Try to be consistent.
- ★ Use "do" and "let's" instead of "don't." Z



Pumpkin Pudding

1 cup pumpkin pie filling
6 ounces plain low fat yogurt
whipped topping
Teddy Grahams

Combine pie filling with yogurt and stir well. Garnish with whipped topping and Teddy Grahams. Z

Kids Can Help

Children can help collect and measure the ingredients. They can help stir the yogurt and pie filling. They can also arrange the Teddy Grahams on top of the pudding.

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



Q&A When my 3 1/2 -year-old is dissatisfied with me for anything she throws a tantrum. What can I do to control the tantrums and return normalcy to our home?

Temper tantrums are normal from two to five years of age. At this age, children have two kinds of tantrums. The first tantrum reflects unmet needs that overwhelm the child, and the second type is for the child to control the parents. Elizabeth Pantley suggests three advance plans in her book Kid Cooperation.

- ★ Pick a tantrum place - a small, private, safe room. Since tantrums need an audience, they will disappear much sooner in a bathroom or laundry room.
- ★ Give your child permission to have tantrums in a tantrum place. At a quiet time explain the rule to your child. "When you have a tantrum go to the bathroom and come out when you are done. No one will bother you."
- ★ Follow through - when tantrum occurs, lead or carry her to a tantrum place saying, "You may come out when you are done." When she calms down, lovingly encourage her to express herself in words. Z

Source: Family Information Services. March 2005 Focus Issue - Basic Parenting .

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MR ♡ *LLC* ♡ 11/09

