

## How can I deal with ill-tempered behavior

Children have to learn to deal with their emotions. They do not understand that rage or crying represents more than just anger or grief. Disappointment, jealousy, tiredness, fear, tension; all this can be behind a bad mood.

We, the grownups, have the task to learn them to handle this mixture of emotions.

### Tips:

- Try to remain calm. Your anger will only make things worse. A strong reaction by you will meet a similar response of your child. If you feel that you are at your limit, step away.
- Never give in. If you do, you will be ensured of more tantrums. You then have just taught your child that anger pays, and she/he will make use of that more often.
- Show understanding for the feelings of your child. Feelings are always allowed, behavior not always. Focus on correcting that behavior.
- Pay attention to what triggers the behavior of your child. Which emotions are in play, what does your child want to express, or what does she/he have trouble with?
- Try to phrase the feelings or emotions of your child. E.g. *'You are now angry because we go home.'*
- Show understanding for feelings or emotions. E.g. *'I understand. This party was such great fun so it is pity that it is finished.'*
- Appoint why something is impossible, give an alternative, or correct in a positive way (with something you want to see). E.g. *'I can tell that you are angry, because you wanted to continue playing. But first we have to pick up your sister because school has finished. Then we can play with your toys again. So put on your coat and come along.'*

Do you recognize this? Do you want to talk about it? Feel free to contact me.  
Of course you can always contact me for other education-related questions.

**You can always mail or call me.**

Until next time,  
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