



How do I deal with aggressive behavior?

Children have yet to learn to deal with their emotions. They often do not know themselves that anger or crying stands for much more than being angry and sad. Disappointment, jealousy, fatigue, fear, tension, it can all be behind an angry mood.

It is up to us as adults to teach them how to deal with that jumble of emotions.

Tips:

- Try to keep calm yourself. Getting angry will only make it worse. The bigger your reaction, the bigger that of a child. Walk away if you think you can't control yourself.
- Never give in, then you are assured of even more tantrums. Your child has then learned that it helps and can use it more often.
- Very often we forget to understand a child's feelings. Feelings may always be there, behavior not always. So you can correct for that.
- Always pay attention to what is behind behaviour: what feeling is involved, what does your child actually want to say or what does it have trouble with?
- State your child's feeling/emotion ("You are angry because we are going home")
- Show understanding for this feeling or emotion ("I get that, it was a great party, so it's a shame it's over")
- Indicate why something is not possible, give an alternative or correct in a positive way (with what you do want to see). ("I see you're mad, you would have liked to play. But we have to pick up your sister because school is out, then we can play with your cars again. So now you put on your coat and come along.

Do you recognize this? Would you like to talk about this? Please feel free to contact me.

Of course you can also contact me for other (parenting) questions.

You can call or e-mail me.

Kind regards

