

How do I deal with fierce behavior

Children still have 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, tiredness, fear, tension, these can all be behind an angry mood.

As adults, it is our job to teach them how to deal with that jumble of emotions.

Tips:

- Try to stay calm yourself. Getting angry will only make it worse. The greater your reaction, the greater a child's. Walk away if you think you can't control yourself.
- Never give in, then you are assured of even more tantrums. Your child has learned that it helps and can use it more often.
- Very often we forget to show understanding for a child's feelings. Feeling is always allowed, but not always behavior. So you can correct on that.
- Always pay attention to what is behind behavior: what feeling is involved, what does your child actually want to say or what does it have difficulty with?
- Express 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 very nice party, so it's a shame it's over')
- Indicate why something is not possible, provide an alternative or correct in a positive way (with what you do want to see). ('I see you're angry, you still wanted 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 do not hesitate to contact me.

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

You can also call or email me.

Bye,

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