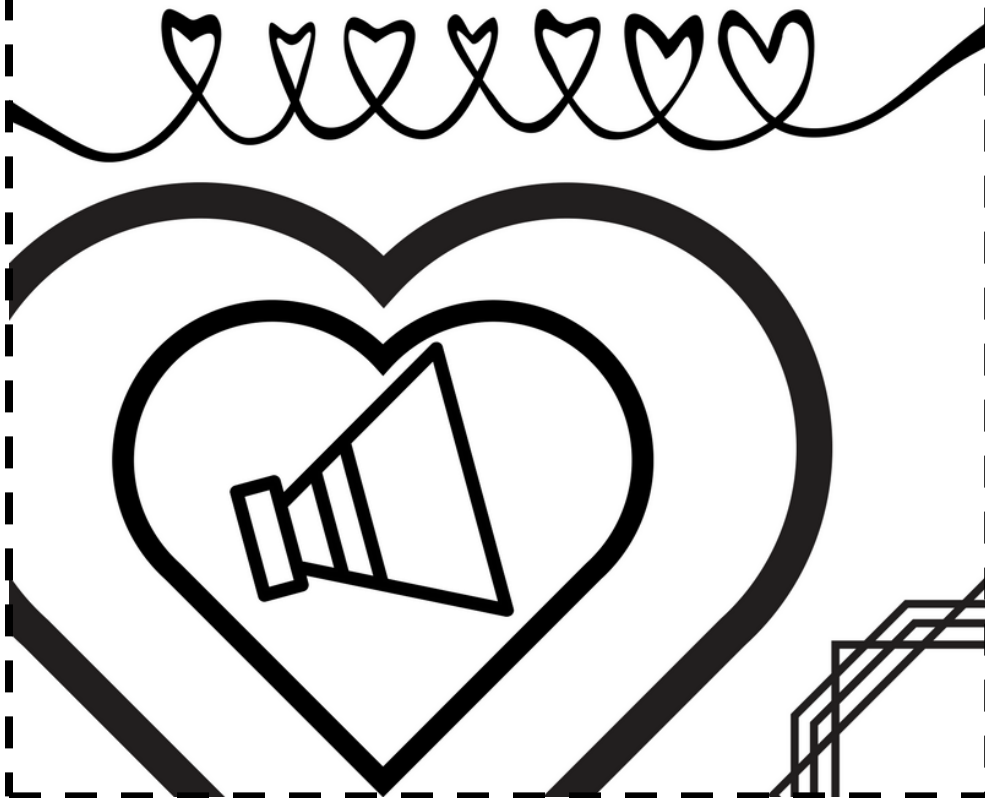


Handling Emotion

Feeling Before Behaving



Tip #1

Acknowledge FEELINGS with words

1. Stop! Resist the urge to "fix" your child's negative emotion.
2. Think about the emotion your child is feeling.
3. Name the emotion and use it in a sentence.

Tip #2

Acknowledge
FEELINGS

With
writing

When in doubt write it down! Seeing our desires written down has a powerful effect, even for prereaders. Bring a pen and paper when you go out. Instead of explaining why they cannot have the new shiny toy, you can start a birthday wish list.

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Tip #3

Acknowledge
FEELINGS

With



Sometimes words are not enough to express strong emotions. Or, the words we would use as adults simply do not jive with our tiny person. If you are feeling creative, try art.

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Tip #4

Give in Fantasy
WHAT YOU
GIVE CAN'T
Give In Reality

Resist the urge to explain why a desire is impossible. Instead go on a fantastical journey. Imagine all of the crazy ways your child's desire might be realized in the world of make-believe.

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Tip #5

Acknowledge
FEELINGS
With (Almost)
Silent Action

Sometimes all you need to do is listen. By lending an attentive ear and letting out a sympathetic "Ugh!," "Mmm," or "Ooh," we give our children the space to figure things out for themselves.

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And Remember:

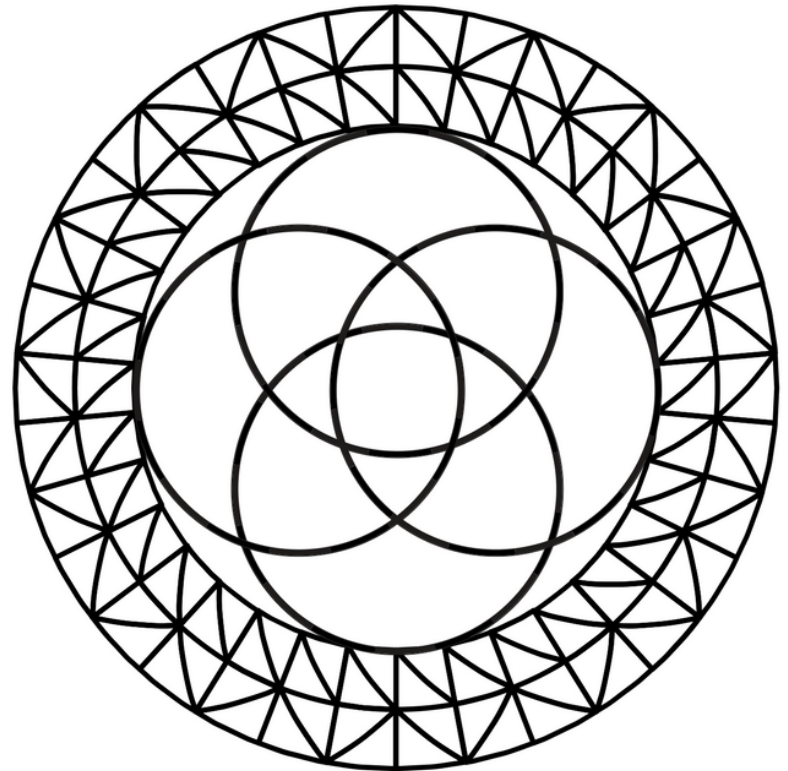
- All **feelings** can be accepted. Some **actions** must be limited!
- Sit on those “buts.”
Substitute: “The problem is...” or “Even though you know...”
- Match the emotion! Be dramatic!
- Resist the urge to ask questions of a distressed child.

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Engaging Cooperation

Doing What Has to Be Done



Tip #1

Be PLAYFUL

Make it a game.
Make inanimate
objects talk.
Use silly voices
and accents.
Pretend!
Play the fool.

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Tip #2

A Offer CHOICE



You do not have to put your child in charge of the whole show in order to give them some input and control over their own lives. Substitute small choices for commands. For example, instead of "Get in the car!" Say "Would you like to take a toy or a snack on the car ride?"

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Tip #3

Put the CHILD IN CHARGE

Our kids yearn for control over their lives in much the same way we do.

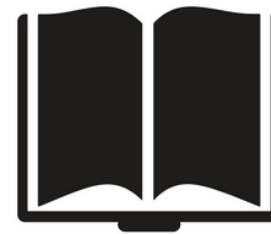
So why not give them the reigns sometimes! Define the job that needs to get done and put them in charge of the details. Delegate!

Letting go can be hard. But putting our child in charge of small tasks prepares them for tackling bigger things later on in life.

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Tip #4

Give INFORMATION



Give your child information. Then let them figure out what to do with it. You avoid the natural resistance that comes with receiving a command and allow them to exercise self-control.

Instead of, "Do not leave the cheese on the chair!" try "The cheese is on the chair where the dog can get it."

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Tip #5

Say it
With a
word

As the adult in the relationship, we tend to lecture when a single word or gesture will get the point across just as well.

Instead of, "Push the chairs in when you leave the table!" simply say "chairs!" This gives your child the benefit of the doubt. With this information they can figure out what needs to be done.

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Tip #6

Describe
WHAT you
SEE

When a single word is not enough, string a few descriptive sentences together. Just remember focus on the positive. By pointing out progress before what remains to be done you are more likely to encourage cooperation.

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Tip #7

Describe HOW You FEEL

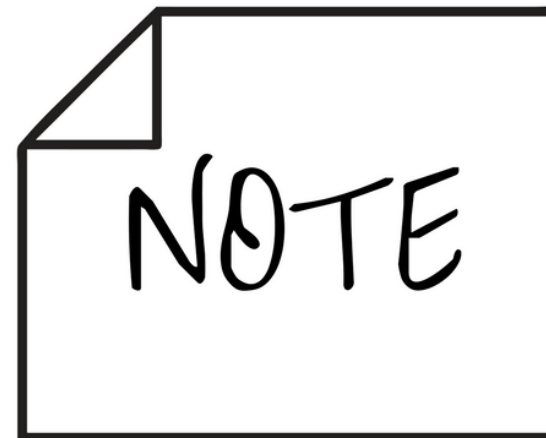
As the adult we are expected to be endlessly patient with our child.

That is unrealistic! When you describe how you feel you are helping children read emotions in others and teaching them the vocabulary to describe their own emotions.

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Tip #8

Write a



When you find yourself repeating the same question over and over again try writing it down. Even for prereaders, the written word has a mysterious power. Get silly! For example, send them a formal invitation for bath time.

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Tip #9

Take ACTION

Without Insult

Not all of these tips are going to work all of the time. But we still have to get to the end of the day. So when things are not going as planned simply take action to rectify the situation without accusatory or punitive language.

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And Remember:

- Don't turn a choice into a threat. Make sure both options are acceptable to you and your child.
- Appreciate progress before describing what's left to do.
- When expressing anger or frustration, use the word I, avoid the word you.
- Express strong anger sparingly. It can feel like an attack.

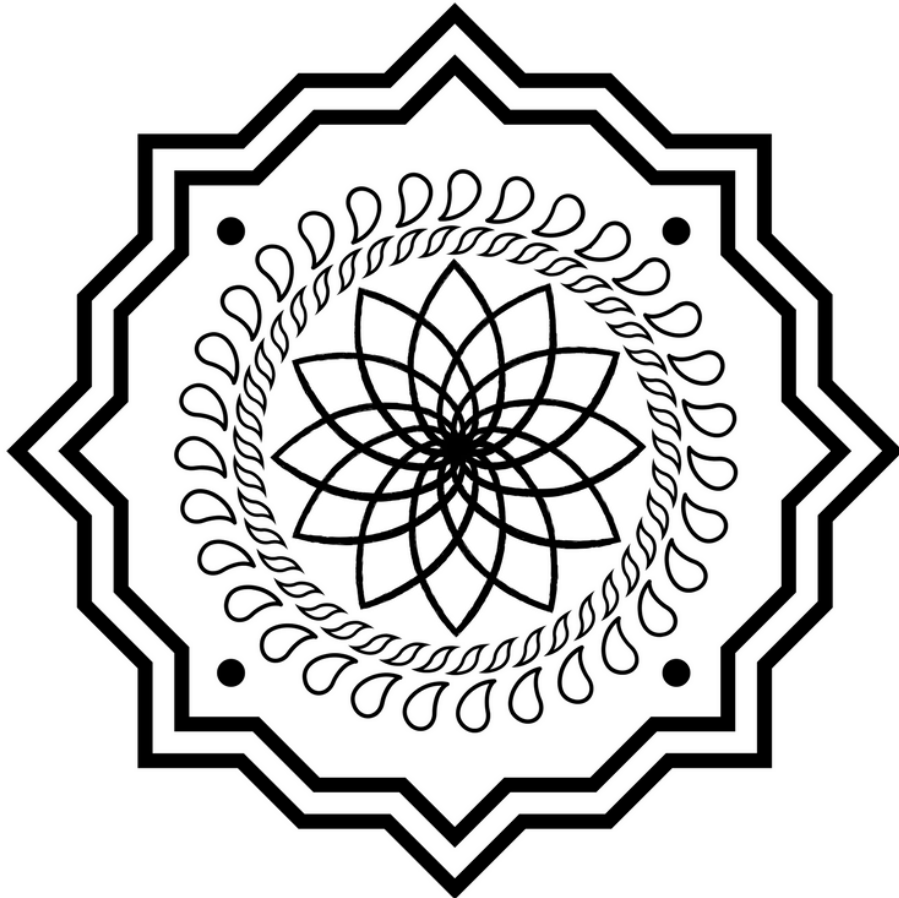
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Resolving Conflict

Effective Resolution,
Not Punitive Action



Tip #1

Express YOUR Feelings... Strongly!

You do not have to only raise your voice to threaten or punish. Sometimes using a stern and commanding voice to express how you feel is enough to stop a bad situation from getting worse. For example, "Hey! I don't like to see children pushing!"

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Tip #2

Show your CHILD How to Make Amends

The best way to assure your child improves his behavior in the future is by showing him how to act in the present. You can help change your child's attitude and behavior by getting them involved in fixing the mistake.

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Tip #3

A Offer CHOICE



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Tip #5

Try PROBLEM- Solving

Step #1: Acknowledge you child's feelings.

Step #2: Describe the problem.

Step #3: Ask for ideas.

Step #4: Decide which ideas you both like.

Step #5: Try out your solutions.

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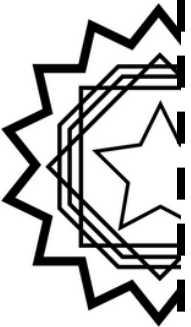
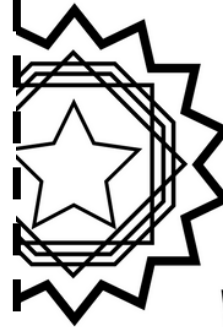
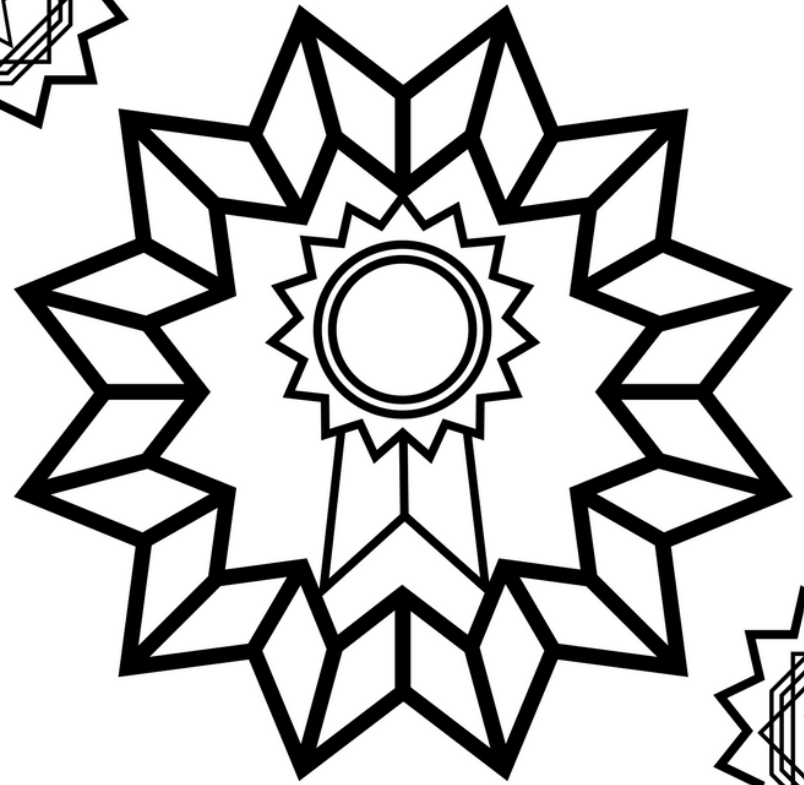
And Remember:

- If nothing is working, you may have to reconsider your basic expectations.
- Show respect for the conflict.
- Remove the disputed object temporarily.
- You don't have to wait for a problem to occur in order to use problem-solving. When possible, plan ahead!

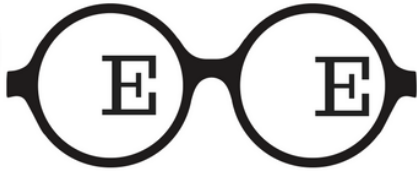
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Showing Appreciation Praise Matters



Tip #1

Describe
WHAT you
S  **E**

When a single word is not enough, string a few descriptive sentences together. Just remember focus on the positive. By pointing out progress before what remains to be done you are more likely to encourage cooperation.

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Tip #2

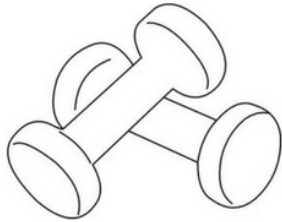
Describe
THE **Effect**
 **Others**

We want to encourage our children to be good citizens, but we must avoid the temptation to judge their character. Stick with describing how their actions have positive effects on others. Instead of "You are so thoughtful." Say "You helped the baby put on boots, now she will be nice and warm!"

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Tip #3

Describe Effort



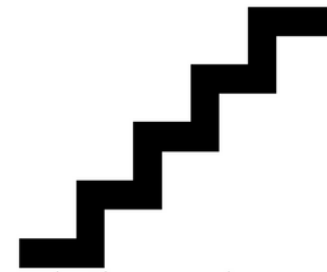
Describing effort instead of describing talent encourages our children to have a growth mindset.

This means that when they encounter set-backs they will be more likely to persevere. Rather than thinking "I am always being told how smart I am. If I can't complete this math problem, it must be impossible."

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Tip #4

Describe Progress



With descriptive praise we can point out progress in a way that feels genuine and supportive. We do not want to give inauthentic praise. They can see through it! We do not want to criticize. That can be disheartening. Just pointing out one positive thing is more effective than pointing out all the ways our children can do better.

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And Remember:

- Consider asking questions or starting a conversation instead of praising.
- Sometimes acknowledging feelings can be more helpful than praise.
- Give a child a new picture of himself.
- Resist the urge to praise by comparison.

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Wired Differently Approaching Autism & Sensory Issues



Tip #1



It can be hard repeatedly suffering the sting of rejection when you child is uninterested in relating to you. But next time you have the energy, try joining them in their world on their terms. You might learn something.

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Tip #2



Next time your child is being difficult, instead of fixating on what needs to get done. Take a step back and think of a situation which, for you, might invoke similar feelings. Gaining this perspective will give you a deeper insight into your child.

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Tip #3

Put into WORDS They w h a t Can't

It can be incredibly frustrating trying to communicate when you cannot be understood. Even if it is difficult, decipher, as best you can, what your child is trying to say. By picking out even one word our children feel understood and better able to handle the frustration.

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Tip #4

Manage the ENVIRONMENT NOT The Child

Remember our children may not be ready to meet our developmental expectations. It is better to manage the environment than to overwhelm our differently wired child with a situation they are not ready for.

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Tip #5

Use ALTERNATIVES To The Spoken Word

Children who are wired differently often have difficulty understanding what we want from them.

Communicating in multiple ways gives them more chances to interpret our message. So use gestures, write a note, draw a picture or sing to get your point across.

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Tip #6

Tell Them WHAT They CAN DO NOT WHAT They Can't Do

When you tell your child what NOT TO DO, we are expecting them to know what TO DO. Next time you need to stop an action, redirect it instead by offering your child an alternative.

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Tip #7

Be PLAYFUL

Make it a game.
Make inanimate
objects talk.
Use silly voices
and accents.
Pretend!
Play the fool.

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And Remember:

- Conditions Under Which
the Tools Won't Work
- Lack of food
- Lack of sleep
- Need for recovery time
- Feeling overwhelmed
(the last straw syndrome)
- Lack of development or
experiential readiness

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