

Self Control

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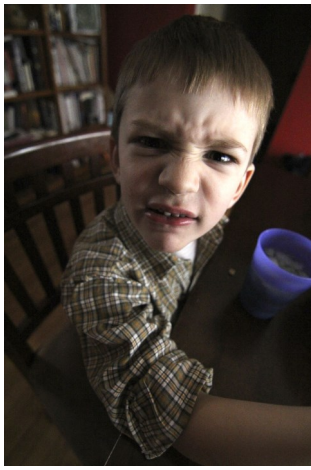
Tips for Raising a Calm Child

- ◆ Model staying calm when you are upset; children will handle anger and frustration the way they see you handling anger and frustration.
- ◆ Verbally walk through the steps you take to remain calm with your child. For instance, if you are in the car with your child and someone cuts you off while driving, you could say, "It makes me angry when people don't use their turn signal! I'm going to take some deep breaths, like this, to help me calm down."
- ◆ Teach children to recognize and label their feelings; for example, read books together about feelings and emotions.
- ◆ Recognize when your child remains calm. For example you could say, "I noticed you stayed calm when your brother took your toy. You asked him to give it back with a calm voice. Instead of getting mad you stayed in control. Way to go!"



Photograph by Paula Cartwright

Teach when your child is calm; children are unable take on new information when they are upset.



Photograph by Paula Cartwright

Cool and Collected: The Benefits of Calming Down

Children can handle anger, frustration, and other “big” emotions more constructively when they are taught how to calm themselves. Being composed in difficult situations is best learned early in life. When children can recognize their feelings, they can begin to understand that anger and frustration are normal.

Why teach calming strategies?

- ◇ It helps children make and keep friends.
- ◇ Children who learn to cope with their emotions constructively have an easier time with disappointments, aggravation, and hurt feelings.
- ◇ It helps children be successful in school.
- ◇ It helps children develop the skills needed to be successful employees someday.
- ◇ Children can learn to handle disappointment before a potentially disappointing incident occurs.



Everyone gets mad sometimes!

- ◇ When children get angry, they sometimes use aggression, like biting or hitting. This does not mean they are bad; it just means they are upset and do not have the words to tell us.
- ◇ We are not born with the ability to control our emotions, we have to be taught. This is a long process that is not easy and happens little by little.
- ◇ Children get scared when they are so upset that they become out of control.
- ◇ Children can learn self-control through everyday experiences.

UW-Extension Family Living Programs

"Raising Kids, Eating Right, Spending Smart, Living Well"



For more information, please contact your county UW-Extension office:

<http://counties.uwex.edu/>

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