



Aggression in Young Children

For young children, aggression and anger should be viewed as the child's way of expressing big feelings because they often cannot articulate in words the way an older child can. Here are some parenting ideas:

- Model emotional regulation. Try to respond with patience, empathy, and understanding. This will help them feel safe.
- Show them how to calm down through your own actions
- Change your child's environment. Alter her environment to make it more calming for them.
- Communicate feelings with your child. Reflect on what you see your child doing and narrate it back to them. For example, you could say, "I see you're clenching your fists, I wonder if you're angry?" This helps your child name what they are feelings.
- Ask them questions to help de-escalate. For example, you could say, "Can you tell me with your words what you are feeling?" to help them understand what you want them to do.
- Count to 10 with them. Counting and taking slow, deep breaths together can have a calming effect.
- Play educational games with them. Play apps or games with them that teach emotional recognition or emotion management.
- Teach them coping skills or problem-solving skills to help avoid meltdowns, such as: drawing her feelings of anger, reading books about calming down, learning triggers and using warnings or countdowns to help prepare them for the trigger, using time outs or "thinking time", and praising them with they do calm down or manage her emotions appropriately.

Entertainment children must avoid:

- 1. Horror movies, 2. Pokémon, 3. Anime cartoons, 4. Dragons, 5. Adult content and 6. gender confusing content***

