

Teach These Children

Fivefold enrichment



Keep Calm and Carry On

You have gone through your bag of tricks to keep your little one calm but nothing seems to be working. You have tried reasoning and you've been calm only to be met with anger and frustration. If this is a common occurrence with your child, it may be less about their behavior and more about a need to self-regulate an over stimulated nervous system.

Activity

Constant activity, tv, and video games can affect anyone. For a child, this over stimulation can amount to an inability to manage emotions, and frequent appropriate interactions with others. Children become easily frustrated and angered and lack the social skills to communicate what's happening to them. These behaviors are frustrating and the tendency is to want to discipline your child out of the tantrum. What your child really needs is less tech, more down time and the ability to recognize and communicate their emotions. Removing tech is not drastic, it's necessary if the behaviors are interfering with your child's well-being. Regular sleep, and increased water intake are necessary. Replace tv with walks and outdoor play. Be prepared to stop your activities when your child is melting down. An overstimulated child needs you to stay calm and help them make sense of what's happening to them because they truly don't understand. Help them talk about their emotions and ask questions like, "what made you so angry", so they learn to reflect and self correct. Be patient - this takes time.

TIPS

This isn't "bad behavior"-train yourself to respond to the tantrums with restraint.



Child's belief about self...

I am equipped

Family supports development of...

Skillset

Focus areas

- Behavioral

GOAL

Equip your child with skills to manage their emotions, and self regulate.

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