



Preschool Message in a Backpack

Guidance and Discipline

Tantrums and the strong wills of children can leave you wondering how to best handle situations. Every parent and child are unique, so your approach will be too! Here are some tips and information to support you.



Children need emotions named for them - As the parent you can help your child learn to recognize and manage their emotions by using your words to name the emotions you see they are feeling. I.e., Pamela I see you are feeling angry because Zach took your toy, let's take a deep breath and work this out together.

Redirection - Sometimes it helps children if you can get them focused on something else before they start making poor choices.



Try Using Positive Directions-

It can help children to frame sentences in positive ways, by telling them what you want them to do, instead of focusing on what they should not.

Acknowledge when your child is doing well-

It can be easy to comment on children's negative choices, but it is also important to tell them when they are doing well. If children receive attention for positive behavior, they will be less likely to resort to other behaviors to get a reaction.

Parenting is hard, but we are here to partner with you, to assist and encourage you!

References

Healthychildren.org. (2020, July 7). *What's the best way to discipline my child?*

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