

HOW TO APOLOGIZE TO A CHILD



1) MAKE CONTACT:

TOUCH, VISUAL, VERBAL

"HEY, BUD." WHILE HOLDING HANDS OR SITTING CLOSE OR MAKING EYE CONTACT.

(IF THEY ARE STILL DYSREGULATED - WAIT!)

2) APOLOGIZE WITH EMPATHY:

"I'M SORRY I (BEHAVIOR - BE SPECIFIC) YOU MUST HAVE FELT ANGRY (OR SAD) WHEN I DID/SAID THAT. YOU DESERVE RESPECT AND SAFETY."



3) TAKE OWNERSHIP/MAKE A PLAN:

"I WAS FEELING ANGRY AND LOST MY TEMPER. THAT DOESN'T MAKE IT OK TO (BEHAVIOR). NEXT TIME, I WILL TAKE A BREAK INSTEAD OF YELLING."



SEE "CALM DOWN STRATEGIES" FOR HELP MAKING A PLAN TO BETTER HANDLE YOUR FRUSTRATION IN THE FUTURE.

4) ASK WHAT YOU CAN DO TO MAKE IT BETTER.

"WHAT CAN I DO TO MAKE IT BETTER? WOULD YOU LIKE A HUG OR TO READ A BOOK TOGETHER? OR SOMETHING ELSE?"



5) ASK FORGIVENESS AND RESPECT THEIR NEED FOR MORE TIME. *

"CAN YOU FORGIVE ME?"

YES = THANK YOU, I LOVE YOU.

NO = IT'S OK TO NEED MORE TIME. ILY.



*SEE "HOW TO ACCEPT CRITICISM" THIS IS A REPEATED MISTAKE AND YOUR CHILD "CALLS YOU OUT ON IT" OR DOESN'T BELIEVE YOU.

