

WHAT TO DO WHEN YOUR KID HITS ANOTHER KID



1) CHECK YOUR OWN NERVOUS SYSTEM REGULATION. REMEMBER, THEY ARE DOING THE BEST THEY CAN. ANGRY, SCARY BEHAVIOR WILL NOT HELP OR TEACH THEM. CHANNEL CALM CONFIDENT LEADERSHIP. THIS IS HOW WE LEARN – WE MAKE MISTAKES, WE GET FEEDBACK, WE TRY AGAIN.

2) USE AN ATTENTION GRABBER "UH OH" OR "WOAH" AND USE THAT TIME TO GET TO THE CHILDREN. GET BETWEEN THE HITTER AND HITTEE, BLOCK ANY MORE HITS, (I CAN'T LET YOU HIT HIM) BUT REMEMBER – DO NOT CREATE A VICTIM/BULLY MENTALITY WITH TODDLERS – THEY ARE LEARNING, NOT MALICIOUS. (I SEE YOU'RE HAVING A HARD TIME.) EMPATHIZE!

3) SAY WHAT YOU SAW/SPORTSCAST. IT SEEMS YOU BOTH WANT THAT CAR. TOMMY HAD IT, THEN CALVIN TOOK IT, AND THEN TOMMY HIT CALVIN TRYING TO GET IT BACK. IS THAT RIGHT? (OR JUST THAT FIRST PART IF YOUR KIDS DON'T LIKE WORDS!)

4) GIVE WORDS FOR THE FEELINGS. "YOU FELT REALLY ANGRY WHEN HE TOOK YOUR TOY, DIDN'T YOU?" AND YOU FELT SAD WHEN YOU GOT HIT? I UNDERSTAND THAT. I WOULD FEEL THAT WAY TOO IF I WERE YOU. I'M HERE TO HELP YOU GUYS FIGURE THIS OUT.

5) BUILD SOCIAL AWARENESS BY DESCRIBING CUES KIDS CAN PICK UP ON TO NOTICE FEELINGS. "I SEE CALVIN'S FACE IS RED AND THERE ARE TEARS ON HIS CHEEKS. THAT SHOWS HE'S FEELING SAD. I SEE TOMMY'S FACE IS RED TOO AND HIS FISTS ARE GRIPPED TOGETHER REALLY TIGHT. THAT SHOWS ME HE'S SO MAD!

6) ASK THE HITTER HOW THEY CAN "MAKE IT BETTER." OR ASK THE HITTEE "WHAT DO YOU NEED TO FEEL BETTER?" (IDEAS: HUG, A KISS, A TOY, A "SORRY", AN ICE PACK ETC.) IF THEY CAN'T, YOU CAN MODEL THE REPAIR. THE OTHER CHILD MAY WANT TO REPAIR TOO.

7) GIVE THEM ANOTHER STRATEGY TO MEET THEIR NEEDS. IF YOU NEED TO PROTECT YOUR THINGS, "YOU CAN TELL HIM STOP IN A BIG VOICE" OR YOU CAN SAY "I'M NOT DONE YET." IF YOU WANT SOMEONE'S THINGS YOU CAN SAY, "CAN I HAVE A TURN WHEN YOU'RE DONE?" OR "ME NEXT!" OR "CAN I PLAY TOO?"

WHEN YOU'RE REALLY MAD YOU CAN ROAR OR USE THE SIGN LANGUAGE FOR STOP. ALSO, YOU CAN COME TO GET MOM IF YOU NEED HELP SOLVING A PROBLEM.

8) PRACTICE. IF THEY CAN'T THEMSELVES, PRACTICE W TOYS ROLE PLAYING. PLAY GAMES LIKE SIMON SAYS, RED LIGHT GREEN LIGHT, MOTHER MAY I, ETC TO PRACTICE THE SELF-CONTROL MUSCLES. CELEBRATE EVERY STEP FORWARD!