

Tantrums

Tantrums are common among two year olds, they are becoming more independent. They may appear to be demanding, stubborn and uncooperative. Tantrums should be less common in a 3-4 year old as they learn to problem solve. It is our job as parents to teach them to manage frustration and express anger in appropriate ways.

- try to keep to your child's usual routine for meals and sleep times.
- Spend quality time with your child
- Communicate with your child. Let your child know what you are doing and what you expect from them.
- Keep your child busy with activities so they are not bored and disruptive.
- When practical, put away special things you do not want your child to touch, to avoid having to say "No" and "don't touch " too often.
- Decide if your child's requests are reasonable before you say "yes" or "No" Stick to your decision.
- Praise your child for good behaviour and ignore inappropriate behaviour.
- Talk about the tantrum when they are done, tell them how they should have handled the situation. Example "next time use you words and I can help you"
- If a tantrum occurs when you are out, pick your child up and move to a safe and quiet place. Ask them to sit quiet. Wait beside them (without talking) until they have quieted down. Praise them for stopping. If they don't quiet down take them home (without talking).Praise them when they finally stop.



Separation Problems

Leaving your children for the first time can be difficult for both Parents and children. Parents need time to themselves occasionally and children need time away from their parents. Separation helps children build confidence and social skills. Preparing ahead of time can make the transition smoother for both parent and child.

-Prepare your child ahead of time. Visit the people and place you would like to leave your child, several times. Each time stay a little longer.

-Introduce your child to build that friendly atmosphere. Children look for your reactions when entering unfamiliar places. Be a good role model.

- If your child is joining a group, invite another child from the group to your home. Your child will get to know them and look for them when joining the group.

-On the day, explain to your child where they are going and when you are returning. Try to link the return time to a familiar routine. ie " I will be back to get you after lunch"

-Make sure you have everything your child needs before leaving or dropping off. Ask your child if they have a special toy they want to bring that will comfort them. Make sure it is appropriate for the place you are going (stuffed toy etc)

-Establish a routine when leaving your child. Say hello to the caregiver. Find your child something to do so they are settled. Kiss them goodbye and explain when you are coming back. Ignore protest and do not go back. If you are worried call and check on them later.

-When you return greet your child, asking about their day. Spend time and praise your child for their good behavior. Tell them what you liked about their behavior when you left.



Points to Remember When Managing Misbehaviour

Children need to learn to accept limits and control their disappointments. Managing these situations can be challenging for parents, but there are positive and effective ways to help children learn self control.

- spend quality time with your child
 - show affection and talk with your child
 - Praise, attend to, and reward your child for positive behaviour.
 - Ensure that your child has plenty of interesting and engaging things to do.
 - Teach your child new skills when they are developmentally ready to learn them.
 - Be available to your child and give them a chance to be involved in deciding on family rules.
 - Respond to misbehaviour by calmly and firmly telling your child to stop and explain how they should behave.
 - Deal with behaviour yourself. Never threaten “wait till your father/mother gets home”.
 - Expect reasonable behaviour but not perfection.
 - Do not be hard on yourself. You are learning too.
- don't be afraid to seek help from Professionals in your area. Ex Early Childhood Educator, Resource Teacher, Quality Child Care Niagara Representative, Contact Niagara, Niagara Child and Youth services.

Nightmares and Night Terrors

It is difficult for parents dealing with their child during or after a nightmare or a night terror. Nightmares are bad dreams that happen towards the morning. Children awake upset and scared. After waking from nightmare children will settle quite quickly with comfort from a parent. Night Terrors are a bit different. They are less common and usually happen in the first few hours after they fall asleep. Night terrors are usually a result of a high fever or a stressful day. Although their eyes are open, they will speak or call out, and they are still sleeping. They don't respond to comforting, nor are they aware of what is happening around them. Night Terrors may involve: screaming, thrashing of legs or arms, rapid heartbeat, rapid breathing, sweating, or a glassy stare. When they wake up in the morning, they don't remember the event. It is important to parents to know the difference between nightmares and night terrors because they are managed differently. Unfortunately there is little a parent can do for their child during a night terror except wait for it to be over. If your child has more than one episode of night terrors in a 4 month period, seek professional help.

Tips to help prevent nightmares or night terrors

- develop a bed time routine and stick to it. Routines help children feel secure.
- Help your child to feel safe and relaxed before bed. Leave a night light on, or play soft music.
- reassure your child they are safe and there is nothing to be frightened about. Show them affection and explain you are not far from them during the night.
- listen to your child when they talk about their dreams or fears. Appear calm and don't look worried. Reassure them that what they feel is real and it's ok to talk about it.
- Share your own fears and how you deal with them. Be a good role model.



Mealtime

Meal time is a good opportunity for family members to communicate and enjoy each others company. It can also be a frustrating and difficult. Sitting at a table and eating meals with others is an important skill for children to learn. Parents need to set up a routine with reasonable expectations. Here are some ideas to encourage your child to develop good eating habits.

- set a regular routine for mealtimes
- prepare your child ahead giving them warnings that meal time is in five minutes.
- set 2-3 reasonable rules for meal time. Ex sit at the table until you are excused, Eat with utensils, finish the eating your food before speaking.
- Review rules before you start your meal, until rules have been established.
- meal time should be a reasonable length of time. Usually 20-30 minutes
- Sit with your child and make it a pleasurable experience for them. Talk about their day.
- Serve your child a reasonable amount they can finish. They can ask for more if they wish.
- make sure you have everything ready before you sit down to eat. Unnecessary waiting can encourage children to misbehave.
- praise your child for positive behaviour and eating well.

If misbehaviour occurs, tell your child what you expect of them. Remind and praise them for good behaviour.



Interrupting

Children need attention from their parents to feel secure and nurtured. However, parents occasionally need their own time and space. During these times it is reasonable to expect a child to say “Excuse me” and wait for attention, rather than demand attention. Children need to be taught how to occupy themselves when parents are busy and the appropriate way to get your attention.

- Spend quality time with your child
- Talk to your child about when it is appropriate to interrupt and when it's not appropriate. i.e. When someone is hurt or in danger.
- Make a list with your child of appropriate and inappropriate times to interrupt. This will help your child make good decisions.
- Teach your child to wait for the appropriate time to interrupt .i.e. When you are finished a conversation on the phone
- Explain the polite way to interrupt if they need to speak to you.
 - Say “excuse me”
 - Call the person's name, wait for them to look at you and give you eye contact; then speak.
 - It's important to get a person's attention before you speak to them so they so they can listen properly.
- Show your child how to act respectful. Be a good role model.
- Before you become involved in your own activity, review rules decided on, and help your child choose an activity. Be reasonable about the time you expect your preschooler to occupy themselves.
- Talk about how things went, and praise positive behaviour.

Hurting Others

Toddlers often hurt others out of frustration and anger. They don't always have the words to tell others what they want. Children need to see appropriate behaviour modelled by parents.

- Always praise your child when you notice them playing nicely.
- Children need a good role model. Show your child good social skills
- Watch your child closely to anticipate problems, and prevent them if possible.
- Give your child the words to use when they are frustrated.
- Explain to your child what to do instead of hurting. Use a firm voice. .
- Show your child the gentle action they should have taken. Model with them by putting your hand over your child's hand and gently guide them through the gentle actions.
- Listen to your child to determine if speech is developmentally appropriate for their age, if not seek interventions
- Don't be afraid of seeking professional help if you feel frustrated.



Having Visitors

Children love to have friends over to visit but, having someone else in your home can lead to problems. Children may show behaviours that are inappropriate. They may be disobedient, refuse to share, refuse to play with the visitor or constantly demand your attention. By preparing for the day the problems can be avoided. Teach your preschooler to behave responsibly when you have visitors.

- Keep your child's usual sleeping and eating routines
- Decide on some simple rules, and remind your child of the rules before their friends arrive.
- Plan some interesting activities for your child and visitor.
- Encourage good manners by having your child greet their visitor.
- Praise your children for good behaviour and for following the rules.
- respond as soon as a problem occurs and give direction to children; tell them what you want them to do.(ex Instead of saying "no throwing toys" say "let's keep the toys on the table") Praise for good behaviour.



Going Shopping

Shopping can be a fun activity for the whole family, but difficult when children misbehave. Teaching children how to behave when you are out will make shopping trips easier and more enjoyable. Start by planning a series of short practice trips spending about 5 minutes in a shop. Eventually longer shopping trips will be appropriate as your preschooler behaves responsibly.

- Always praise and reward positive behaviour
- Keep your child's usual eating and sleeping routine.
- Decide on simple rules for the shopping trip and discuss them with your child. Ex stay close to mom, ask before you touch, talk nicely, always walk, listen to mom if she asks you to do something.
- Remind your child of the rules you discussed prior to leaving
- Make your child feel important by including them in your shopping trip .Ex have them find things on the shelf, have them pass things to you, have them put items in the basket, help you find prices, help you spot different colours or sizes.
- Praise and reward your child for good behaviour and following rules when you are out.
- Act as soon as misbehaviour occurs and remind your child of the rules. Always follow through with consequences
- Take your child on regular shopping trips.
- Discuss the shopping trip with your child telling them what you liked about their behaviour when shopping.



Fighting and Aggression

Children fight or become aggressive out of frustration or anger when things don't go their way. Competition and jealousy may also lead to fighting, especially with siblings. We need to teach children to deal with these issues in a productive way.

Reasons Children Fight

- They have trouble communicating
- They have trouble problem solving
- Children will kick, hit, pull hair, or push to see what reaction they get.
- They are aggressive to get what they want. Ex make a child give up their toy
- They are looking for attention from parents or others.
- They imitate what they have seen from adults or watching TV.
- Parents have a hard time learning to draw the line between rough and hurtful behavior. If parents are unclear, it's hard for children to learn acceptable ways of socializing with others.

Teaching your child to play co-operatively

- Decide on a few simple rules for playing with others. Rules should tell your child how to act rather than what not to do. Ex be gentle, Share and take turns, keep your hands to yourself, and use a nice voice when talking to friends.
- Review rules regularly. Your child should be able to tell you the rules.
- Praise your child when you see them display the rules.
- Model the rules yourself. Invite a friend over and show your child how to "take turns"
- Help your child solve Problems. Step in before a fight occurs. Encourage them to use their words to sort out the problem. Ex " can you let Johnny have a turn first and then he will give you a turn"

How to manage fighting

- Firmly tell your child what to stop doing-"stop hitting Suzie." Tell them what you want them to do-" use your words and tell us what is wrong".

Fears

Fears are a normal part of growing up but come and go at different ages. The real concern is when children have fears that are so strong it stops them from doing things. We need to help children work through their fears and feel secure.

- Encourage children to talk about fears.

- Share your fears with your child and explain how you have learned to deal with them. Be a good role model.

- As a parent, try not to show fear when things make you uncomfortable. You don't want your child to take on your fears

- Teach your children coping strategies: breathing to stay calm, imagine them self in a happy place, and the power of positive thinking.

- Encourage your child to face their fears and learn to cope with them. An Example is: If they are afraid of the dark. Find out why. They are afraid someone is hiding in the dark. Show and reassure them nobody is there.

- Praise your child for facing their fears

- Talk to your child about dangerous situations, and have clear rules on how to deal with them. You don't want them to fear these situations, just be cautious. ie strange dogs, open fires, when strangers approach

- Ask other children to get involved, to help your child feel comfortable in new situations. An example is a child doesn't want to stay at the Child Care Center. Ask another child to play with your child. Reassure your child that you will come back and they can play with their new friend while they are waiting.

- Be prepared to seek professional help if your child's fears continue.

Bedtime Problems

Children and parents need adequate sleep so they have enough energy for the next day. It is important that children develop healthy independent sleep patterns. Planning a routine and sticking to it, will help us achieve this goal.

Setting up a routine:

- Decide on a time that is reasonable for your child. Stick to that bedtime.
- Establish a bedtime routine and share with your child. Ex go to the toilet, brush your teeth, read a bedtime story, say goodnight, stay in your bed till morning, lay quiet.
- Prepare your child ahead of time. Engage your child in a quiet activity 30 minutes before expected bed time. Give a warning 10 minutes before bedtime and reinforce your expectations.
- Help your child complete the necessary steps of the bedtime routine.
- Take your child to bed and review the steps you have taken so there are no excuses why they need to get out of bed. Ex Your child may use the excuse they need to go to the bathroom.
- Once you have gone through the routine say goodnight and ignore requests or complaints.
- In the morning praise your child for following the bedtime routine. A sticker chart beside your child's bed can provide extra motivation.

How to teach your child to stay quietly in bed:

- Explain expectation to your child. If you stay in your bed and do not call out I will come back and check on you. Leave and ignore requests or complaints.
- Wait 2 minutes. Return to praise your child for lying quietly and staying in bed. Slowly increase your time that you return till your child falls asleep.

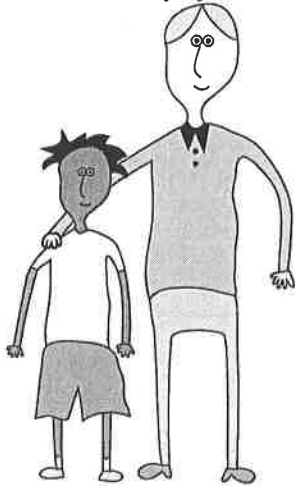
How to deal with problems at bedtime:

- It is important to understand that learning a new routine can be difficult for a child and they may protest at first. It is important that both parents agree to follow through with the plan established. Stopping and starting will send the wrong message to your child. Be prepared that it may get worse before it gets better, so follow through. It can take 7 days before a child learns new routine and new expectations.
- Explain expectations to your child before you say goodnight and let them know how you will handle things if they choose not to follow expectations. Ex if you cry or call out, I will not answer you. If you get out of bed, I will put you back in bed. Check to make sure they understand, leave, say goodnight and ignore requests or complaints.

Whining

Whining can be a very frustrating behaviour for parents. Some children whine for attention, while others don't have the words to communicate their needs. By spending quality time and setting good examples, children will learn to speak nice and polite to others. Here are some things to remember when dealing with a whining child.

- spend quality time with your child.
- set a good example by speaking calm and pleasant to others
- If your child whines, ask them to speak nicely. Give your child an example of how you would like them to speak. Ex Mom may I please have an ice cream?
- Praise your child for speaking nicely. Ex I'm glad you're talking like a big girl.
- Ignore whining and give attention to good behaviour.
- Give your child another opportunity to ask nicely. Ex A child whines asking for some ice cream. Parent: How do we ask?
- Always be consistent. Once you have started ignoring, continue until the whining stops. Praise once they stop. .
- Don't worry; your child's behaviour may get worse before it gets better. Be consistent.



Travelling in the Car

Travelling in the car can be a fun family experience. It becomes a stressful ride for parents when children whine, complain, refuse to wear a seat-belt, fight or tease. Children may find long car rides boring with nothing to do. When children have little to do they are more likely to misbehave. Here are some tips on how to prepare for car trips and teach your preschooler to behave responsibly.

How to help prevent problems in the car

- Maintain your child's routine. Avoid disrupting usual sleep or meal times. Children are more likely to misbehave if tired or hungry.
- Prepare your child ahead of time. Talk about where you are going, the length of time, and your expectations. Answer any questions they may have. Explain why it is important for the driver to concentrate on the road, and why we wear seatbelts. Set a good example and always wear your seatbelt.
- Explain the rules. Decide on two or three simple rules for travelling in the car. Some examples are; keep your seatbelt on, use a quiet voice, keep hands and feet to yourself.
- Before you leave review the rules with your child as a reminder.
- Reward your child for following the rules. It may be a special activity when you arrive at destination, or an edible treat. Explain how rewards will only be given if they comply with rules.
- Plan some activities or games for the trip. Depending on your child's interest you could: play a child's CD, Play a movie in a DVD player, bring a special bag with coloring or games, or play interactive games such as "I spy".
- If misbehavior occurs, ask them to stop and tell them what you would like them to do instead. Remind them of the rule.
- Praise during the trip, and after the trip. Children need to feel good about behaving.
- Review your trip with your kids pointing out what you like about their behavior and reviewing problems. Let them be a part of the problem solving process.





I am Learning to be...Independent!

At Home:

- ✓ Please encourage me to practise putting on and taking off my shoes and boots, clothing and outdoor gear (jackets, mittens, hats)
- ✓ Please encourage me to empty my backpack and snack bag each day and to put it in a special spot (on a hook or in a basket where I can see it)
- ✓ Encourage me to put Mr. Zippy back in my backpack for the next time at school.
- ✓ Please take some time to go over my day with me.

You can ask me *"What did you learn today?"* and talk about my time at school as this helps me to think about what I am learning.

- ✓ You can help me by reading to me each day and I can read to you too. We can read simple picture books, board books and books that I bring home from the school library.

In the Community:

- ✓ When we are out of the house (at a store or going for a walk), you can help me by pointing to signs and billboards. You can ask me questions like:

"What letters do you see?" "What sound do they make?"

- ✓ You can also point to numbers (at the grocery store) and count with me.

At School:

- ✓ Please try and wait for me outside of the school. This is important because I am learning to be independent and to do things by myself.
- ✓ You can help me to make sure that all of my personal things are labelled because it is easy for me to get confused about what belongs to me and what belongs to a friend—especially if we have the same of something (shoes, sweater, jacket).