

Cool Responses...

TO HOT BUTTONS

The “Cool” Kid -

Helping Your Young Children Learn Positive Ways to Keep Their “Cool”

“COOL DOWN” COACH:

Learning to read the early warning signs is half the battle. Coach your child to recognize his or her own physical and emotional anger signals.

❁ “Wow! You look like you’re feeling really mad to me. Maybe you need to go out to the backyard and kick the soccer ball around.”

❁ “You’re looking really frustrated. Maybe you need to take a break and do something else for a while.”



ANGER TAMERS:

Help your child find acceptable outlets for venting anger and frustration. Things to try:

- ❁ running laps around the yard
- ❁ scribbling an angry picture
- ❁ pounding play dough
- ❁ singing a mad song
- ❁ counting to 20
- ❁ breathing deeply



WORD POWER:

Help your child express feelings with words.

❁ “After you have cooled off, talk with Michael and tell him what he did that made you so mad.”

NEGOTIATION:

Older children can learn to develop their ability to negotiate and compromise.

❁ “If you feel the limit I’ve set is unfair, what is a better solution? Why do you feel that solution is better?”

SET LIMITS:

While feeling angry is OK, some behaviors are never acceptable. Having rules about those behaviors can help children stay within the limits you set.

❁ “No matter how angry you feel, it is never OK to hurt someone else.”