



How Will Coaching Children to Use Words Help My Child?

Using words when your child is angry helps him settle disagreements, work through frustrations, and get along with people.

What Can I Do?

When you see anger building up in your child, suggest words he can use to handle his situation rather than whining, yelling, or hurting another person.

Example, a friend is playing with your child's favorite car. Your child yells that he wants the car and tries to grab it.

1. Remind your child that grabbing is not allowed.

2. Tell your child what he could say instead of yelling.

Example, coach your child to say: *"I would like to play with the car when you are through. Please tell me when I can have a turn."*

3. Help your child make a plan for what to do next.

Example, ask: *"What can you play with while you wait for your turn?"*

4. Let your child know he did a good job using his words when he was angry.

Example, say: *"It's hard to wait for a turn. You did a good job using your words and staying calm."*

Notes & Tips for my child...

Rewards for Life!

Teens and adults who use words to manage their anger:

- solve problems without hurting themselves, others, or property
- cope better with stress
- feel less overwhelmed and helpless

These are general guidelines, not medical advice, for children ages 3 years and older. Consult a physician or mental health professional for specific problems or concerns about an individual child.

For more ideas and resources to help develop children's social-emotional skills and healthy decision-making visit AcornDreams.com, a service of Wingspan, LLC.

