

Parenting Tips for Everyday Situations!

Counselor's Corner— 1st grade

Tantrums

Acknowledge their frustrations and let the child know tantrums are not acceptable

If possible get the child to tell you what is wrong

Get down on their level

Talk in a low voice

Leave the room or ignore the behavior until they regain composure

When tantrum is over, sit and listen to find out exactly what was bugging them. The message the child should get is - you need attention for some reason, your parent understands that, and you will not get it until you calm down.

For children that get lost in a tantrum and can't find their way back. Parents need to help them by hugging them and encouraging them to take deep breaths.

Behavior in a restaurant

Do not take them to a restaurant

Try take out vs dining in the restaurant

Try a restaurant with kid stuff

Prepare them for what is expected of them before entering the restaurant

Given all the above and you still have a problem while eating, ask for a take home box and leave.

Behavior at the grocery store

Plan ahead - tell your children what you intend to do, how long it might take, and what they can do to help (may give them a list of items to pick up for the family). Make sure they understand what you expect from them before hand and what they can expect if they do not behave. Also decide before hand the number of treats the children will be allowed to buy and tell them before entering the store.

For children who are old enough to help, let them help, give them items to be responsible for picking up for you.

If possible go during off peak store hours.

Do not take the children if you are planning the marathon shopping event.

Make your shopping trip short and to the point

Relax and enjoy your trip

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“When you reach the end of your rope, tie a knot in it, and hang on.” Thomas Jefferson

