





# Noah's Inclusion Services

## CALMING AN UPSET CHILD

Young children can't think like adults. Their brains have not yet matured enough for them to be able to deal with things and solve problems calmly and sensibly.

When children are upset or distressed, sick, tired, hungry, or threatened, they get overwhelmed. Their emotions burst out and they are likely to go back to younger, less mature ways of acting. Distressed children can very easily go off over nothing. At these times, their behaviour gets worse.

What?	How/Why?	
<p>There may be times when your child <u>can't</u> do what you asked because they aren't in a fit state to be able to do it.</p>	<ul style="list-style-type: none"> <li>• For an upset, angry child to stop the tantrum, calm down and do what you asked takes a lot of self-control. But young children don't have much self-control to start with.</li> <li>• There may be times when your child <u>can't</u> do what you asked because they aren't in a fit state to be able to do it. These are not the times to try to get your child to learn a new skill or a new way to behave</li> </ul>	
<p>Be calm yourself</p>	<ul style="list-style-type: none"> <li>• Your job is to help your children to get their emotions under control because young children can't yet do it by themselves.</li> <li>• If you are upset or angry, you can't help your child to calm down.</li> <li>• When you are calm enough you can work on helping your child calm down.</li> </ul>	
<p>Having a calm parent who is in control is reassuring for children</p>	<ul style="list-style-type: none"> <li>• It helps kids to make sense of their upset and then to calm down again and gives them the message that things are safe.</li> <li>• It helps kids to feel that they don't need to worry about danger so they can work on solving the problem.</li> <li>• You can help guide them to work out what to do, even if it's just, "Use your words", or "Come and ask me for help."</li> </ul>	
<p>Your child may need to do some vigorous activity</p>	<ul style="list-style-type: none"> <li>• Before working on problem solving, provide an activity like running around the back yard, or jumping on the spot, to burn up all the emotional energy and calm down</li> </ul>	

**The most important work here is what happens when your child is not upset. A good relationship with a parent helps children's brains to mature and so get their emotions more under control, think clearly and calmly. So, working on having good times together, it helps your child's brain to grow to healthy maturity so they can use self control and work things out for themselves.**