



## Self-Control

Big emotions like frustration, anger, and disappointment can be tricky for your little one to handle. By working on increasing their self-control and helping them think before they act, you can help your child work through difficult feelings.

### ➤ **Talk it out**

~ Give your child words to use when they're upset. Set an example by saying something like "I feel frustrated because I can't find my car keys—maybe I left them in my coat pocket. I will look there!" and encourage them to use similar words/phrases when upset.

### ➤ **Think ahead**

~ Prepare for situations where self-control comes in handy. If you are visiting a family member or friend's house you could say, "Let's think about what you can do if another child is playing with a toy you would like to use." They may ask to join in playing, wait until they're finished, or find something else altogether. Having a plan of action can help avoid conflict.

### ➤ **Calm down**

~ Provide calming techniques for when your little one gets upset. Counting to ten, three deep breaths, draw a picture, or take a walk. Once they're used to these techniques, they'll be able to utilize them without a reminder from you.