



Comfort Play & Teach



How to Respond When Your Child is Upset

Your Preschooler (36 months to 48 months):

- **Focus on changing behaviour, not your child:** Older children have a much better sense of how to read your body language, and definitely take the words that you say personally. Anytime you find yourself getting upset, remember that it's your child's *behaviour*, and not your *child*, that you are feeling frustrated with. When you are redirecting her behaviour or establishing rules, make sure your child knows you are doing this to keep her safe and help her act appropriately. This will help her understand that you still love her but the behaviour needs to change.
- **Focus on your child's strengths:** All children come with different strengths and abilities. Recognize the strengths your child has, and let him know about all the many things he is wonderful at. How you see him will make him feel special and loved by you. Ultimately it will influence his self-esteem and confidence and positively influence his interactions with others.

Comfort

Your child needs to know that even if you are upset, you love and care about her. Even when you are redirecting or establishing rules, be sure your child knows it is for their safety. It will comfort her to know that your love for her has not changed.

Play

Try to role play different situations with your child in which someone might get upset. Talk through how to resolve the issue to help your child learn to self-regulate.

Teach

Your child has unique strengths that help make her who she is! Help her realize these strengths by recognizing them. This will make her feel special and loved by you.