

Quick Fixes

A parent and caregivers' guide to compassionately addressing behavior challenges

Setting Expectations

Using the Mood Board

Everyone can fill out the mood board at the start of the day. This allows everyone to have an idea of each other's feelings. Keep in mind both your and your child's feelings **throughout the day**. Adjust your expectations accordingly.

Priorities

Decide on the top priorities of each day. Try to limit the priorities to only what's absolutely necessary. 3 is a good limit for the day's top priorities.

Setting Boundaries

Set the **boundaries** for at home schooling at the start of the day and reinforce these every day until you feel the boundaries have been understood.

Boundaries might include:

Rules about internet, focus, play, and eating.

Rules about interacting with other people in the space.

Rules about listening to adults and/or other children.

What spaces can your child use for work? Play?

What supplies can your child use?

What time is lunch? What time is bedtime?

Making sure to try their best.



De-escalation Techniques

Understand the behavior

Tantrums can be stressful experiences, but they are a natural part of childhood. Children haven't developed the skills they need to handle emotional discomfort and are easily overwhelmed by emotions like fear, anger, and sadness. With patience and tools, parents and caregivers can create a growth-minded relationship between children and their emotions.

Try these techniques

Validate their feelings, not their actions

"You sound upset and angry. Is that right?"

"It's ok to be sad. I'm here to help."

"Let's take a big breath and try again."

Prepare for next time

Identify and note recurring triggers.

Let the little things go.

Start fresh every day.

Develop coping skills using the calm cards or app.

React with respect to teach them respect

Try not to yell in order to be heard.

Ignore verbal aggression.

Allow them personal space.

Listen and answer questions.

Use a distraction.



I'm Too Tired What else can I do?

If you can't manage to do anything else, here are some other ways your child can learn new things and practice important skills:

Read

Books are entertaining, and many are full of excellent lessons for young children. Reading also strengthens vocabulary and comprehension.

Ask questions for comprehension:

Ask them to retell the book in their own words

Ask about their favorite parts of the book and favorite characters

Explore

Go outside if you can:

Take a sketch pad and draw interesting things that you see

Identify interesting plants or animals you find with **Seek from iNaturalist**

Find three different types of leaves, seeds, or flowers and compare them

If you can't go outside:

Read a hidden pictures or I Spy book.

Explore virtual museum exhibits and activities such as those from the California Academy of Sciences and Live Cameras from zoos and aquariums

Play

Kick or toss around a ball

Play a board game

Many board games involve literacy or logical thinking!

Play games on educational sites like PBS kids or National Geographic kids

Throw a celebration when you or your child accomplish something difficult or stressful

Create

Build something out of blocks, legos, craft supplies, or other building materials

Sing a song or play an instrument

Let them help you bake or cook

Break out the paint

Write just for fun

Draw and color



My Kid Won't Listen

Part of figuring out how to get your child to listen to you or a teacher is understanding their emotional state. What might be the root cause of their behavior right now? Once you have figured out the "why" and the "what" of your child's behavior, then you can decide the most effective way to help your child regain focus or calm.



My child is acting...



Grumpy



Angry



Sad



Tired



Restless



Worried



Sick



Silly

Why?

They're upset

They're out of energy

They have too much energy

How do we get back to a productive mental state?

Calm down

- Ask if they want to talk
- Do breathing exercises
- Listen to a happy song
- Go on a walk outside
- Count to a high number
- Watch something funny
- Do some stretches
- Do something silly
- Put on calming music

Refuel

- Sip a cool drink
- Cry if you feel like it
- Put on happy music
- Take a break to play
- Ask if they need a hug
- Draw and color
- Eat a snack
- Take a walk outside
- Video chat with a friend

Get out the energy

- Do 10 jumping jacks
- Have a race
- Do a silly dance
- Do some stretches
- Sing a fun song
- Play outside
- Do some coloring
- Give them a fidget toy
- Shake it out