

Checklist against rage

Step 1 - Gaining distance

- Relax!
- Spend empathy!
- Get into constructive action!
- ➔ Take three steps back, take a deep breath, show understanding and seek a solution

Step 2 - Clarifying the cause

(If your child is a bit older, you can ask directly.)

- Hunger / lack of energy
- Thirst / dehydration
- Tiredness / exhaustion
- Fear (rational, irrational)
- Disorientation

Step 3 - Fixing the problem

Hunger / lack of energy

- ➔ Food, Snack, glucose

Thirst / dehydration

- ➔ drinks, juicy fruits

Tired/exhausted

- ➔ Sleep, rest, cuddling

Rational Fear (of real danger)

(e.g.: animals, height, speed, darkness, being abandoned)

- ➔ Fix it immediately and don't downplay it!!!!

Irrational Fear (of objectively harmless)

(e.g.: fear of loss (toys, media time, playtime, walking away from friends, etc.), overtaxing))

- ➔ Distraction through questioning, reference to later activity

Important: If a cause cannot be remedied immediately for reasons of space or time, a realistic and timely solution should be offered and followed!

Disorientation

- ➔ ➔ Explain the daily routine that affects the child:

(e.g.: KiGa > pick up > play > dinner > bedtime)

- ➔ Explain the rules of the game that everyone must adhere to.

(e.g.: order, cleanliness, justice, etc.)

Basic needs met + rules + roadmap = balance

YOU can DO that!



It's worth it!