



PERRY LOCAL PRESCHOOL

'PAW'SITIVE BEHAVIOR SUPPORTS FOR HOME

Dear Perry Preschool Parents,

As part of our PBIS (Positive Behavior Interventions and Supports) initiative, the program has decided to launch quarterly social/emotional newsletters to assist with your child's social/emotional development. For your first issue, we have decided to address tantrums. Please see the attachments and resources below. These will help you understand your child's behavior and strategies to support them when they are demonstrating challenging behaviors.

Tantruming

- All behavior is communication. These strong feelings are generated by a lot of different things: fear, frustration, anger, sensory overload just to name a few. Try to think about what your child is trying to tell you when your child is experiencing a tantrum.
- Give your child space and time to de-escalate (calm down). A child's natural body response when angry is to fight, flight or freeze. Children are unable to talk about their feelings or understand consequences when in this natural response. These conversations need to happen after the child has calmed down.
- To help your child deal with strong emotions teaching coping skills is important. Strategies such as deep breathing, counting, and having a quiet space to take a break are just a few suggestions on how to teach your child to self-regulate.
- Some tantrums can be curbed by preparing children for upcoming events and teaching the expectations ahead of time.
- Although sometimes it's easier to avoid the embarrassment especially in public settings, to truly teach these important skills it is important for children to know what the expectation is from their adult caregiver. Consistency is key!

Attached are some resources for you to implement these strategies in your own home. As always, if you need additional resources please feel free to contact your child's teacher.



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Social and Emotional Foundations of Early Learning (CSEFEL)

<http://csefel.vanderbilt.edu/resources/family.html>

Child Mind Institute- How to Handle Tantrums and Meltdowns

<https://childmind.org/article/how-to-handle-tantrums-and-meltdowns/>

Search on YouTube: Sesame Street Belly Breathe Song

Search on Youtube: Smell the Flower Blow out the Candle by David Kisor

Belly Breathe by Leslie Kimmelman (Scholastic Books)

5 Point Scale by Kari Dunn Buron and Mitzi Curtis (one example attached)

