



Alternatives to Anger for Parents and Caregivers
Stages of Self-Control in Children

Participant Handout Packet

RELAX

Alternatives to Anger for Parents and Caregivers

Social Emotional Development in Infants and Toddlers

| Age | Development | What you can do |
|-------------|---|--|
| 0-3 months | <ul style="list-style-type: none"> • Cries, smiles, coos • Looks at faces • Quiets when picked up • Listens to voices | <ul style="list-style-type: none"> • Look at them • Pick them up • Hold and cuddle them • Use gentle touches • Smile at them • Listen, sing, and talk to them • Read to them |
| 3-6 months | <ul style="list-style-type: none"> • Gives warm smiles and laughs • Cries when upset and seeks comfort • Shows excitement by waving arms and legs • Likes to look at and be near special persons in life • Can be comforted | <ul style="list-style-type: none"> • Share baby smiles, laughter • Notice and pay attention to them • Respond to their cries and coos • Hold them when feeding • Hold and read to them • Play lovingly with them |
| 6-9 months | <ul style="list-style-type: none"> • Plays games like peek-a-boo • May get upset when separated from familiar persons • Responds to own name • Enjoys a daily routine • May be unsure of strangers • May comfort self by sucking thumb or holding a special blanket | <ul style="list-style-type: none"> • Sing songs and say nursery rhymes • Talk in gentle voice • Be predictable and consistent • Watch and learn their needs and wants • Read to them • Have fun playing baby games with them |
| 9-12 months | <ul style="list-style-type: none"> • Imitates others • Enjoys books • Is able to be happy, mad, sad • Has a special relationship with parents and caregivers • Is curious about playthings • Shows feelings by smiling, crying, pointing • Trusts that needs will be met | <ul style="list-style-type: none"> • Talk, sing songs and say nursery rhymes • Encourage them to explore • Be available, gentle, responsive and protective • Read books with baby • Name feelings like happy, mad, sad |

| Age | Development | What you can do |
|--------------|--|---|
| 12-18 months | <ul style="list-style-type: none"> • Is safe and secure in loving relationships • Explores with enthusiasm • Says 'mama' and 'dada' • Is curious about people • Is bold and confident • Reacts to changes in daily routine | <ul style="list-style-type: none"> • Offer a safe and trusting relationship • Talk, listen and respond to toddler • Read, sing songs and play • Show interest in toddler • Use words for feelings like happy, mad, sad • Use words to tell them 'what comes next' |
| 18-24 months | <ul style="list-style-type: none"> • Is curious and likes to explore people, places and things • Is enthusiastic • Laughs out loud • Is loving toward others • Protests and says "no!" • Enjoys books, stories and songs • Plays beside other children | <ul style="list-style-type: none"> • Share in their joy and laughter • Set limits and be firm, fair and consistent • Encourage curiosity • Read, talk, play, sing songs • Respond lovingly and respectfully to them |
| 24-30 months | <ul style="list-style-type: none"> • Uses words to communicate • May be shy in unfamiliar places • Uses pretend play • Smiles and laughs • Enjoys lots of books and simple games • Likes to be around people • Is playful with others | <ul style="list-style-type: none"> • Encourage imaginary play • Help them feel comfortable • Read to them everyday • Talk and use feeling words • Play simple games • Encourage and praise them • Support their play |
| 30-36 months | <ul style="list-style-type: none"> • Is able to play independently • Separates easily from caregiver in familiar places • Begins to share with others • Shows feelings for others • Expresses many feelings - sad, happy, frightened, angry • Enjoys books and games | <ul style="list-style-type: none"> • Encourage independent play • Help them separate without difficulty • Help them share • Use many feeling words • Listen and respond to their feelings • Tell stories, read and encourage pretend play |

Social Emotional Health is a young child's growing ability to:

- *Form close relationships*
- *Express and manage emotions*
- *Explore new environments*



Four Developmental Stages of Self-Control

Early childhood is one of the ideal times to teach concepts of self-worth, self-control and seeing how our behaviors affect those around us. There are four developmental stages in a child's ability for self-control as recognized by Family Communications and the Fred Rogers Company. www.fci.org

1. **Establishing a sense of self and body boundaries.** Learning to recognize where their bodies begin and end.

How you can help - Nursery rhymes and finger plays can help even very young children learn about their bodies begin and end. Sing, "*Head, Shoulders, Knees and Toes.*"

2. **Managing impulses and being able to stop.** Recognizing that they can stop and go and have some control.

How you can help - Young children are just beginning to learn that there is a connection between their behavior and the results of their behavior. You can help by modeling cause and effect through your own words, activities and stories. Read, "*No, David.*" By David Shannon

3. **Finding alternative physical outlets.** Learning ways to channel anger and other strong emotions.

How you can help - Think about the children you are close to who get stressed or angry routinely. The length of time that a child is under stress (in combination with the presence or absence of a supportive adult) makes a difference. A gentle hug and kind words can help calm a young child, so they can re-group and manage their emotions better. Show them appropriate ways to deal with strong emotions. Say, "I see you might be getting frustrated, how about we take a walk around the room for a minute to calm down, then we can talk about what you are feeling, and try to find some solutions."

4. Channeling angry feelings in symbolic, constructive and organized ways.

Developing a vocabulary for their feelings.

How you can help - Teach children about feelings and emotions by giving them a wide vocabulary of feeling words. Children also learn by example, they copy those who care for them, so be a model for appropriate expressions of emotions. Children are building emotional skills every day. You can also help by reading books about expressing feelings. Read, "My Mouth is a Volcano." By Julia Cook.

Resources on helping children develop emotional literacy:

1. Vanderbilt University Center for Social Emotional Foundations of Early Learning, (CSEFEL). www.csefel.vanderbilt.edu. Focused on promoting the social emotional development and school readiness of young children birth to age 5.
2. Child Care eXtension website, <https://childcare.extension.org/>. Hands on activities for childcare providers. Answers from experts, information and many more resources.
3. Michigan State University Extension. www.msue.msu.edu. Research-based information and articles to help families improve their lives.
4. Fred Rogers Company. www.fci.org. Family Communications was founded by Fred Rogers in 1971 as the non-profit producer of Mister Rogers' Neighborhood for PBS. Promoting children's social, emotional, and behavioral health and supporting parents, caregivers, teachers and other professionals in their work with children.
5. Zero to Three Parenting Resources online. www.zerotothree.org
 - <https://www.zerotothree.org/resources/1283-developing-self-control-from-0-12-months#chapter-800>
 - <https://www.zerotothree.org/resources/96-how-toddlers-learn-self-control-from-12-to-24-months>
 - <https://www.zerotothree.org/resources/97-how-toddlers-learn-self-control-from-24-36-months>

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CALMING JAR INSTRUCTIONS

Why it's important!

Young children have a hard time identifying how they are feeling and how to appropriately express these feelings. Many times, young children will bite or hit out of frustration or have a hard time calming down after they have had an exciting day. This can be very frustrating for parents, caregivers and early childhood educators but these situations are all a learning opportunity for young children in how to identify and express their emotions.

A calming jar can help children learn how to control their emotions and learn how to self-regulate.

Do this activity with your child and allow them to decide the colors and add the ingredients.

What you'll need

- Clear plastic container such as a water bottle, pop bottle, juice bottle or Mason jar with a top
- Glitter glue
- Food coloring
- Water
- Glitter (any size will work)
- Strong holding glue

What To Do

- Clean out the container and remove any labels so you can see through the container
- Fill the container halfway full of water, add a few drops of food coloring, about a tablespoon of glitter glue, and a few shakes of glitter.
- Use the strong holding glue and glue the top on to the container.
- Then shake the container up!

How To Use

- When your child gets upset they can shake up the container and then set the container down and watch while the glitter settles to the bottom giving them time to calm down.
- Do this as many times as a child feels they need to in order to help them calm down.



Recommended Booklist

Children's books are one way to open a discussion about recognizing feelings, empathizing with others, listening skills, acceptance, and starting over after you have a problem. The following book list is not inclusive and not intended to represent the only books that you could use.

Explore new children's books on the web by topic. Story stretchers, finger-plays, songs and rhymes are available for FREE reprint at eXtension Alliance for Better Child Care at http://www.extension.org/child_care.

The Grouchy Ladybug by Eric Carle

I Was So Mad by Mercer Mayer

The Chocolate Covered Cookie Tantrum by Deborah Blumenthal

I Was So Mad by Norma Simon

The Quarreling Book by Charlotte Zolotow

When I Feel Angry by Cornelia Maude Spelman

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst

Baby Faces books (most are by Roberta Grobel Intrater)

The Feelings Book by Todd Parr

Glad Monster, Sad Monster by Ed Emberly & Anne Miranda

The Pout Pout Fish by Deborah Diesen

How Are You Peeling: Foods with Moods by Saxton Freymann

My Many Colored Days by Dr. Seuss

Smudge's Grumpy Day by Mirium Moss

The Way I Feel by Janine Cain

Today I Feel Silly & Other Moods that Make My Day by Jamie Lee Curtis

Llama Llama Mad at Mama by Anna Dewdney

Sometimes I'm Bombaloo by Rachel Vail

No, David by David Shannon

I Just Don't Like the Sound of NO by Julia Cook

What I Like About Me by Allia Zobel-Nolan

The Shape of Me and Other Stuff by Dr. Seuss

From Head to Toe by Eric Carle

The Kissing Hand by Audrey Penn

How I Have Grown by Mary Reid

My Mouth is a Volcano by Julia Cook

When Sophie Gets Angry-Really, Really Angry by Molly Bang

Someday is Not a Day of the Week by Denise Brennan Nelson

Feeling to Share by Todd & Peggy Snow

If You're Angry and You Know It by Cecily Kaiser

The Rainbow Fish by Marcus Phister

The Pout Pout Fish by Deborah Diesen

The Kissing Hand by Audrey Penn

Have You Filled a Bucket Today by Carol McCloud

Lots of Feelings by Shelley Rotner

I'm Feeling; Teaching Your Baby to Sign by Lora Heller

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