

Figuring Out Frustration

All kids get frustrated and angry sometimes. It is important for kids to learn how to handle difficult situations and strong emotions.

Common Reasons Kids Get Frustrated

- Difficulty learning a new skills or how to do something new
- Having to wait for something they want
- When something doesn't work the way they want, such as a toy
- When something doesn't go the way they want or as planned

Benefits of Kids Sticking with and Figuring Out a Difficult Task

- Helps kids learn how to self-regulate - This means that kids learn how to calm themselves
- Builds confidence to be able to handle tough situations

Goals for Parents & Caregivers

- First, try to get curious and notice the types of situations that cause frustration
- Help the child build skills by resisting the urge to do it for them
- Allow kids to work out problems with your support

When your child gets frustrated, here are some...

Things to DO!

- Stay calm, even if you don't feel that way
- Be present and supportive, but don't over-soothe
- Help your child label their emotions ("It looks like you are feeling frustrated right now")
- Encourage your child to keep trying
- Praise your child for trying ("I love that you are sticking with it")
- Praise your child for self-regulating ("I like how you are taking deep breaths to help yourself calm down")

Things to AVOID!

- Getting too excited or upset - Remember to set a good example for your child!
- Always fixing or distracting from problems - if you always fix it for them or distract from the problem, the child won't learn how to handle it on their own in the future

Remember:

- This will take practice and patience
- Focus on helping your child build skills over time
- Younger children may need more support

Check Out This Video!

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https://www.youtube.com/watch?v=7Ppk7S3_Bqg

References:

Video provided by Central Oregon Pediatric Associates