

# It takes a village.....

## *Newsletter-TIGPS, Ariadaha*

It takes a village, a community, a strong society, to nurture children so that they become strong, kind, humane individuals. This newsletter is an attempt to share the journey with our parent community so that together we may succeed in growing great people. Every month we will be focusing on one or two topics that are important for our students, our school or our parent community.



Parents who are willing to contribute are encouraged to email their thoughts to [tigpsar.counselor@gmail.com](mailto:tigpsar.counselor@gmail.com).

May this be the start of beautiful days.

Warm greetings,

RosseySengupta , School Counsellor

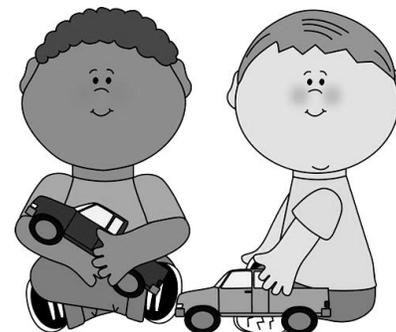
## Do you feel out of control in the face of your child's anger ??



Children resort to aggressive behaviour because of lack of wisdom and self-control. It is not a sign that the child is hateful or mean. Children are human beings and human beings will get angry. This is natural for human beings and we cannot prevent that. What we can do is teach our children how to handle their frustration and anger in appropriate ways.

***Let's use some of the following tips to modify your child's behaviour.***

**Intervene before it happens-** Observe your child very carefully specially in play- time. When you see him/her becoming frustrated or angry, intervene. Teach him/her what to do, what to say to his/her friend, or if she/he seems too upset to learn, redirect their attention to another activity until their emotions vent out. Teach your child to **use words to express emotion instead of using physical violence.**



## Teach your child to say -

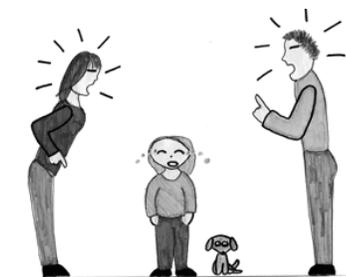
- When you did this I felt...
- This is what I feel...
- I can't give you this because...
- You are not following rules of the game & I will not play with you like this.
- When you said this, I was hurt because...
- You must not take my things without asking because...



**Examine hidden causes-**Is your child hungry, tired, sick, bored or scared? If you can identify any feelings driving your child's actions you can address those along with the aggressive behaviour.

**Teach positive physical touch-** Show your child how to hold hands during a walk or how to give a pat on the back.

**Give your child a 'TIME OUT'** – Use TIME OUT, when a child acts out aggressively. Immediately and gently take the child, look him in the eye and say, 'NO HURTING OTHERS', TIME OUT! Guide the child to a chair (separate place) and tell him, "you may get up when you can play without hitting". Tell him that he can get up when he is ready. Let him know that he is responsible for controlling his own behaviour. If the child gets up and hits again say, 'you are not ready to get up yet,' and direct him back to time out place.



**Don't lose control-**When you see your child hurting another child, it is easy to get angry. But this won't teach your child what she/he needs to learn, that is, how to control her emotions when others are making her crazy. She will observe you when you are angry with someone, how you handle the situation, and they will learn what they have observed.

**Teach alternative method to express their anger:**Tell your child to clap his hands whenever he/she feels an urge to hit. This gives them an immediate outlet for their emotions and helps them to learn how to keep their hands to themselves. Tell them to practice physical exercise, back counting, deep breathing exercise etc.



***Thank you for taking the time to read about my reflections. I hope you have found something useful here.***

***Next month's topic: "How does digital media affect your child's mental health".***

***Happy parenting&best of luck for us!***

***RosseySengupta, School Counsellor  
TIGPS,Ariadaha***