

# Parent Tips:

## Frustration



“When grownups talk about their own feelings, children learn that we have feelings too. From time to time, we all feel happy, sad, mad, and frustrated. That’s what makes us human beings.” – Fred Rogers

### Identify Triggers

All children are different and no two will have the exact same triggers of frustration, but there are a few common triggers to watch for:

- Transitions
- Negative peer interactions (real or perceived)
- Challenging academics (even in preschool – learning to cut with scissors can be frustrating!)
- Feeling misunderstood
- Lack of control
- Hunger
- Exhaustion
- Unexpected situations

♪ When you're frustrated, take a step back, and ask for help. ♪



### Strategies to Try

- Help your child make a mad list. Ask your child to list all the things that make them mad while you write them down. Say things like “Oh that makes me mad, too!” When your child is done, ask them to tear it up into little pieces.
- Teach deep breathing. Ask your child to breathe in through their nose for 3 seconds and then blow out the air for another 3 seconds. You might say “Smell the flowers and blow the bubbles.” to help them practice.
- Try body mapping. Draw an outline of your child’s body and ask them to color all the places that hurt when they are mad in red. Tell them when these areas start hurting their body is telling them they are frustrated. Encourage them to use a coping skill to calm their body.

