Teaching Children to Calm Down

Remain Calm:

• Give children a few minutes to experience their feeling and name it
• Do not talk right away because they may not hear you

Remember:

• To model calm – when you are calm it helps your child calm down (mirroring)
• Children are still developing emotion regulation and that it takes time to develop

Validate Their Feelings:

• Help children name their feelings
• Let them know their feelings are okay, whatever they may be

Refrain From:

• Telling children that their feeling is wrong – their behavior may be “wrong,” but their feelings should be validated
• Getting angry at children just because they are angry at you

Friend to Friend is a school-based intervention program designed by experts at Children’s Hospital of Philadelphia to reduce relational aggression among high-risk 3rd to 5th grade girls as well as improve the broader classroom climate in urban schools. Learn more about Friend to Friend by visiting https://violence.chop.edu.