

## Top tips to share with parents and carers



1. Being physically or verbally aggressive is a normal part of child development, and children need our help as adults to manage their 'big' feelings.
2. Be curious about what is happening for your child and why they might be angry – are they worried about something? Do they need a bit more attention from you?
3. Try to help your child find ways to understand and name their feelings. You could try putting them into words for them, like "I know it makes you so angry when someone takes your toy, but we don't hit people".
4. Help your child get rid of angry feelings by encouraging them to, for example, run around, count to 10, take big breathes, scrunch up their face or fists and release them.
5. Looking after a toddler who is being aggressive can be stressful and can make you feel angry yourself. Keep an eye on how you are feeling and try to stay calm. Take a big breath and trying to think 'why' it may be happening and how you can best respond to help them
6. Don't change your boundaries. Although it's important to be curious about what they're feeling, that doesn't mean you'll respond to it by giving in. For example, they may be very upset they can't buy sweets on the shopping trip with you. Acknowledge this upset with them calmly and gently but clarify it's not what you're buying on this trip.
7. Don't do the behaviour back. If they hit you, don't hit back. If they make a mean comment, don't make one back.
8. If you are ever worried about intensity or frequency of the aggression, speak to a professional like your health visitor or GP.

