

Everyone gets upset sometimes.





Hal spills Jo's paints. Oops!





Jo is frustrated!



*Jo, how about
some help instead?*





Dear God,
Sometimes we get mad.
And that's okay!
Please help us find better ways
to let our frustration out.
Then we can be happy again soon.
Thank you, God!
Amen





FOR PARENTS



HELPING YOUR CHILD TAKE FIRST STEPS IN FAITH

*The Lord is compassionate and gracious,
slow to anger, abounding in love.*

Psalm 103:8

YOUR DEVELOPING CHILD

Whining, crying, screaming, kicking, hitting, and breath holding are all signs of a temper tantrum. If your sweet child hasn't experienced one yet, chances are they will soon. Tantrums are very common for kids between one and three years old and they are a normal part of child development. Because toddlers can't always communicate what they want or need, they can become upset easily. Over time, your child will learn to deal with frustration in healthy and constructive ways.

MAKING FAITH CONNECTIONS

When your child is frustrated, pay attention to your own emotions and behaviors. How does your heart rate feel? How does your voice sound? What are you thinking about? Take a deep breath and say a prayer, asking God for peace of mind and compassion to deal with your child in that moment. Help your child calm down by helping them identify how they are feeling or offering them an alternative activity. You can even pray the prayer from this book or read Psalm 103:8 together.

TRY THIS

Plan ahead for future tantrums by making a “calm down box” with your child. Put items in the box that appeal to your child’s senses and can help them calm down when they are frustrated or even help them stave off frustration while they’re waiting for something. Here are a few ideas to get you started:

Glitter bottle

Soft pillow or blanket

Squeeze toys

Calming music

Bubbles

Pinwheels

