



What to do when you feel your temper rising...

We all have triggers- our children certainly do and so do we! So, what can you do when you feel your temper rising? We often feel an urgent need to DO something, but that is our emergency response system operating. Quite often, however, you do not need to DO anything... other than notice what you are feeling, breathe your way through it and restore yourself to calm before you act.

How can parents help?

First of all, know your triggers. Notice them, as well as what happens in you when your buttons have been pushed. If you can catch it early, you are more likely to feel you have a choice in your response. If no physical intervention is absolutely required (in safety situations), just hold still and breathe. Resist taking action for now and work hard to see things from your child's point of view: what do they need your help with? Finally, always choose love, not fear, set a limit but do it with empathy, move into a playful mode and always be ready to offer a hug.

Sometimes we could all do with someone to talk to. If you would like to meet Claudio for a confidential and non-judgemental chat about you, your child, or any other worries, he is available on Mondays at 9-10am. You can call/text Claudio on 07901-000609 or email him at Claudio@schoolsounsellingpartnership.co.uk