

THE *Counseling* CONNECTION

St. Hilary School
Mrs. Eldred and Mrs. Parisi

Many parents notice that their kids seem to have the majority of their tantrums at home. It's incredibly frustrating, but it's also an indication of how safe your child feels with you. He has to hold himself together all day because the other adults and kids around him don't love and accept him unconditionally the way you do. At home, he can fall apart without making you love him any less. This pattern is normal, but that doesn't mean you have to accept your child's difficult behavior at home. There are a few things you can try to help him keep his emotions and behavior in check:

1. **Give your child some time to decompress.** Your child is probably at his most emotional and tired right after he gets home. Pushing him right into chores and homework might push him right past his breaking point. Allow him some free time right when he gets home to play, rest or just run around.
2. **Pay attention.** Sometimes a child will act out at home because she doesn't know how to get a parent's attention otherwise. Set aside a time each day to give her your full, undivided focus.
3. **Lay out clear expectations and consequences.** Just because a child's behavioral challenges are understandable doesn't mean parents have to accept them. Pick a few of the behaviors that you don't like, then tell him clearly what you want him to do and what will happen if he doesn't. If he always makes a mess after school, you might tell him that he has until 5 p.m. to clean up his toys, and that he'll lose evening TV privileges if that doesn't happen. Give a warning then enforce the consequence if necessary.

May's Focus:

Managing Children who Only Act out at Home

<https://www.brainbalancecenters.com/blog/why-so-me-children-only-act-out-at-home>

Have a wonderful and safe summer!
Thank you for all of your support this year!
Sincerely,
Mrs. Eldred and Mrs. Parisi





**Good child
behavior
isn't magic.**

**It's a skill,
just like
anything else.**

EmpoweringParents.com

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**Managing Children who Only
Act Out at Home**

