

Parents = the Difference

a monthly parenting newsletter

Kindergarten applications have been submitted and the second round of parent teacher conferences will be held the beginning of March. This is a great time to talk with your child's teacher about their progress and together set goals for the rest of the year. At this point of the year most children are successfully following classroom rules and routines. Teachers continue help them resolve social conflicts with each other. Emotionally, they are learning to tolerate moderate levels of frustration and are gaining modest control over impulses. Don't be surprised if the growth isn't always apparent at home. Home is the place you let your hair down. It is a safe place full of unconditional love and often big behaviors and feelings!

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School Behaviors, Home Behaviors, and Tantrums!

Recently a mother asked, "How can my child be such an angel at school and so devilish at home?" She is not alone in her confusion. Many of you report that your child struggles with "meltdowns", "big behaviors", and "tantrums" at home. It can be confusing and easy to wonder, "What does the teacher do that I don't do?"

There may be a variety of factors for why they are different at home and at school. As mentioned above, when a child is in the loving embrace of family, they are more likely to express themselves more freely. In the classroom, there are other children to consider. They have learned that if they want to play with friends, they need to try and control impulses like grabbing, hoarding toys, or calling each other names. These are some of the behaviors parents report happen at home, especially if there is more than one child. Since siblings are often in competition with each other for attention, love, and favoritism, they are more likely to focus on what's fair and who they perceive is getting special attention or treatment. Sibling feelings are often BIG feelings.

Another factor is the rules and routines are often different at school than at home. The classroom is structured. Children know at any given time of the day what is expected of them. Their schedule is pretty much consistent. Every morning the teacher reviews what is going to happen that day and if there will be any changes. This little step is empowering for a child who can't tell time yet (that happens around 7-years-old). Replicating this at home is challenging because family life is more complicated. Creating and following basic routines and expectations around regular daily events—like getting ready for school and going to bed—will also give your child a sense of knowing what to expect.

Tantrums! They happen with 3-year-olds, 4-year-olds, and 35-year-olds. It can be helpful to think of two types: tantrums of control and out-of-control tantrums. You know the difference. Control tantrums are when children whine, stomp their feet and occasionally wail. They attempt to control a situation behaviorally to get what they want after being told they can't have it. Out-of-control tantrums are the ones that are big and scary—both for you and your child. They could come from an unfulfilled basic need like being tired, hungry, or not feeling well. They might be the result of being frightened or because they feel humiliated realizing they are too little to do what they think they are big enough to do.

The two types should be handled differently. Control tantrums are best ignored as long as safety isn't an issue. Out-of-control-tantrums are different. Here your child is totally out-of-control emotionally and in a place where they cannot hear you or accept any comfort. They are similar to having a night terror or a colicky baby. You should stay close, keep your child safe and ride it out. After your child calms down, talk with him or her about what just happened. A child can feel shameful after such a huge display of raw emotion. By talking you help your child gain control over their scary feelings and convey your ability to help.

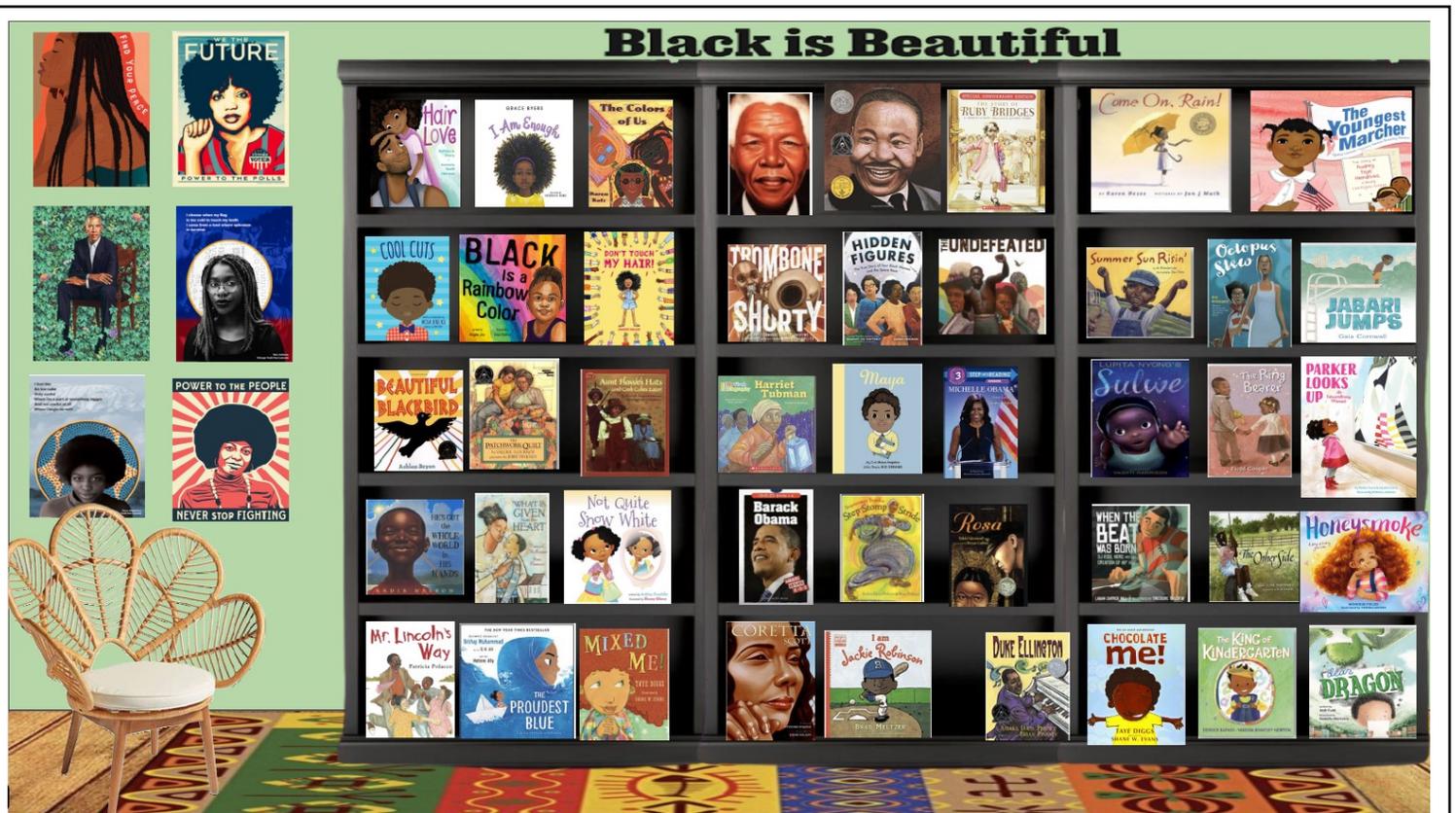
A great book to read with your child—
by Rachel Vail & Yumi Heo.

*Sometimes I'm
BOMBALOO*



B Biermann





February is the month we take a closer look at Black History and culture.

Teaching children to recognize and celebrate diversity and difference is essential to healthy development – it not only helps children be more accepting of others, but to also accept themselves and their own strengths and weaknesses. This collection of **picture books about diversity** is about recognizing what makes you special, celebrating being who you are, and celebrating the uniqueness of all those around you – family, friends, and those in the wider community.

Click or copy the Google doc link in your browser and it will take you to the library where you can play read-aloud books of your choice.

https://docs.google.com/presentation/d/1ZUKcAgdu3OU6pqW-XVRyEkoHKshRnci1m5JOVaCIDIM/edit#slide=id.gafdaf99968_0_1930

