



Responding to Aggressive Behaviours

It's very upsetting to see your child kick, bite, throw toys, yell and scream, which are examples of aggressive behaviour.

Early learning specialists recognize aggressive behavior as a form of communication. Toddlers, preschoolers and even school-aged children are still learning to use words to express strong feelings. When they feel angry, frustrated, scared or sad, they often lash out physically because they don't know what else to do.

When a child behaves aggressively in our programs, our first step is to try to calm the child. Then, we try to understand what is going on. We use simple words to help children label their feelings, such as, "You look angry" or "You look upset." We help children to problem-solve and find alternative ways to express strong feelings.

It's important to speak to children in a calm, patient voice when they are very upset. By speaking calmly and slowly, we help to reassure and support the child. After they stop yelling we try to redirect their behaviour to more appropriate actions. We might say, "You look very angry. Would you feel better if you hit this pillow?" "I see you're very upset that outdoor time is over.



Would you like to help me hold the door open for the others?"

Our programs offer a range of activities that support each child's social and emotional development. Children who feel restless or upset may choose to hammer on blocks of wood or crash some toy cars together. These activities can provide positive outlets for aggression. Children who feel frustrated or overwhelmed may want quiet time in the book corner. By offering a range of activities, our teachers and caregivers help children find ways to regulate their own behaviour.

Aggressive behaviour is usually a normal expression of strong feelings but sometimes it's a sign of other problems in a child's life. When there are changes in the family like an illness, separation or a new baby, children may act out because they don't understand or don't like what is going on. But our teachers and caregivers may look for other help if they notice that a child is withdrawn or angry much of the time or has great difficulty getting along with other children. We'll meet with families and problem solve together. This gives us an opportunity to decide if outside resources or help are required.

Tips to handle aggressive behaviour

- ✓ Speak in a calm, patient voice.
- ✓ Try to understand what has upset the child.
- ✓ Label the child's feelings.
- ✓ Redirect the behaviour to a more appropriate activity.
- ✓ Offer choices.
- ✓ Praise the child's efforts to use appropriate strategies for expressing strong feelings. For example: "You felt mad at your friend, but after you played outside you felt calmer."

For more information

TVO parents tips sheets: tvoparents.tvo.org/

- SickKids Tip #11: Understanding Aggressive Behaviours
- SickKids Tip #12: Dealing with Aggressive Behaviour

Public Health Agency of Canada. Family Front and Centre: A Support Resource Promoting Healthy Child Development, Book Four: Aggression. Free booklet. http://www.phac-aspc.gc.ca/hp-ps/dca-dea/publications/ffc-ief/assets/pdf/ffc_aggression.pdf

Books for young children

The ABC's of Anger: Stories and Activities to Help Children Understand Anger. by Ray Ali and illustrated by Eric Olsen
Cool Down and Work Through Anger, by Cheri Meiners
When Sophie Gets Angry – Really, Really Angry, by Molly Bang

Message from Joan Arruda, CEO

Make your voice heard (and your vote count)

Demonstrate that child care matters to you

In the next few weeks you will be faced with politicians at your door asking for your vote in a provincial election on June 12, 2014. Family Day continues to support the final year of the Full Day Kindergarten roll-out around the province. This transition for children aged 3.8 years and up to a full day of learning has meant that child care services had to change as well. The child care sector will benefit from having up-to-date, stable legislation and secure, adequate funding that will support providers to provide quality child care options and early years programs for all children.

The candidates need to hear clearly from parents about your needs for a well-funded, stable and accessible child care system for children from infancy through to school-age. Tell the story of how long you may have waited to find licensed, affordable child care

and ask the candidates what steps they will take to ensure that the child care system is stable and accessible for all families in Ontario.

Child Care Matters to Me www.childcaremattersome.ca is a website we hope you will log onto and share your story and at the same time communicate with candidates about the importance of child care in your life.

A Great Time Bowling for Family Day: Many thanks to everyone who made such valuable contributions to the third annual Bowling for Family Day on April 26. With your support and energy it was a very successful event! Everyone, including the front-line staff, parents and children, along with our event sponsors and donors assisted us in meeting our goals. Thank you for your time, energy, donations and enthusiasm!

Hong Kong Kindergarten staff visit Family Day

In April, Family Day hosted a group of delegates from Learning Habitat Kindergarten & Bilingual Nursery in Hong Kong. The five delegates from Hong Kong spent the day working with our RECEs so they could observe and experience first-hand how Canadian RECEs work with young children. Many of the teaching methods in Hong Kong are more teacher-directed so the delegates hoped to gain a better understanding how to use a play-based learning approach when working with young children. The group visited and worked with staff at St. Herbert Child Care Centre and Hickory Wood Child Care Centre.



Family Day is Growing

- On Monday, May 5, Family Day Care Services became the operator of Collegieside Early Learning Centre, located in the Davis campus of Sheridan College at Brampton. The centre had previously been operated by the Region of Peel. We look forward to this exciting new partnership, and welcome the Collegieside families and new staff.
- We're pleased to have been selected to be the operator of new Extended Day & School Age Programs at two Peel District School Board schools in Brampton – Nelson Mandela and Mountainash.

Child Care Centre Survey
Attention Parents: Watch out for the annual parent survey. It will be distributed in early June.

ASD: Staff training

A series of professional development workshops for Toronto and York Centres staff on Autism Spectrum Disorder (ASD) is being offered in May, facilitated by the Geneva Centre for Autism Training Institute. Topics are Visual Strategies, Sensory Processing & Behaviours: Understanding the Links & Practical Strategies, Practical Strategies for Anxiety and Mental Health in ASD and Working with Parents.

3rd Annual Bowling for Family Day

Wow, did we have FUN! On Saturday April 26, 200 Family Day staff, families and friends had a great time Bowling for Family Day. Be sure to look for an announcement in early June to see how much was raised across the agency.



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**Have a safe, fun
time in the water**

Eyes & Attention

Never turn your back on a child while she's in or near the water.

Arm's Reach

Keep a hand on babies and toddlers while in the pool. Always keep your child within arm's reach.

Lifeguards are your best friends

Swim only when a lifeguard is on duty; continue to keep your eyes on your child. Remember the lifeguard has to watch all of the swimmers.

No dunking allowed

Never dunk a child. Little kids can swallow large amounts of water, which can be dangerous and increase a child's fear of water.

Teach safety basics

No running on the side of a pool, never go near water without an adult, how to reach for a lifeline or pole.

Learn CPR

Adults should learn CPR.

Source: www.parents.com
Water Safety Essentials for Kids

More web resources:
www.redcross.ca • www.safekids.org



**FAMILY
DAY**



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Member Agency

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Our Programs

- Licensed Home Child Care
- Child Care Centres
- School Age Programs
- Resource Programs
- Ontario Early Years Centres in Toronto East, York Region and the Region of Peel

Family Day Focus Newsletter

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For countless families, Family Day is the only way!