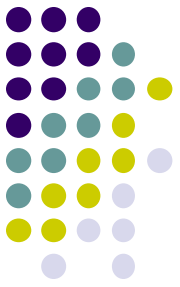


Objectives



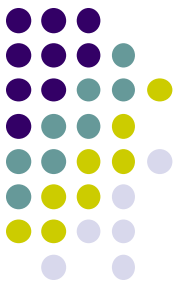
- To review current research regarding aggressive behaviour in early childhood
- To understand early aggressive behaviour in the context of adaptive stress responses and toxic stress
- **To apply evidence based interventions to guide parents to manage aggressive behaviour**

Outline - Interventions



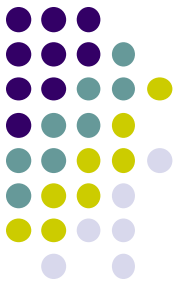
- Parents' Detective role
- Search for Triggers
- Building a toolkit of strategies with parents





Interventions

- Meltdowns or aggression is the middle or end of a child's story... not the beginning.
- The risks of focusing on the aggression
- NOTE: Ignoring aggression typically increases aggression – children escalate to be heard or gain attention from others.
- Search for triggers – have parents make a list of triggers that precipitate their child's aggressive behaviours (i.e., playing with peers, grocery shopping, transitions)
- Examine if there are ways to decrease triggers



Parents as Detectives

Anger = a primary emotion but it is also often an emotion secondary to another

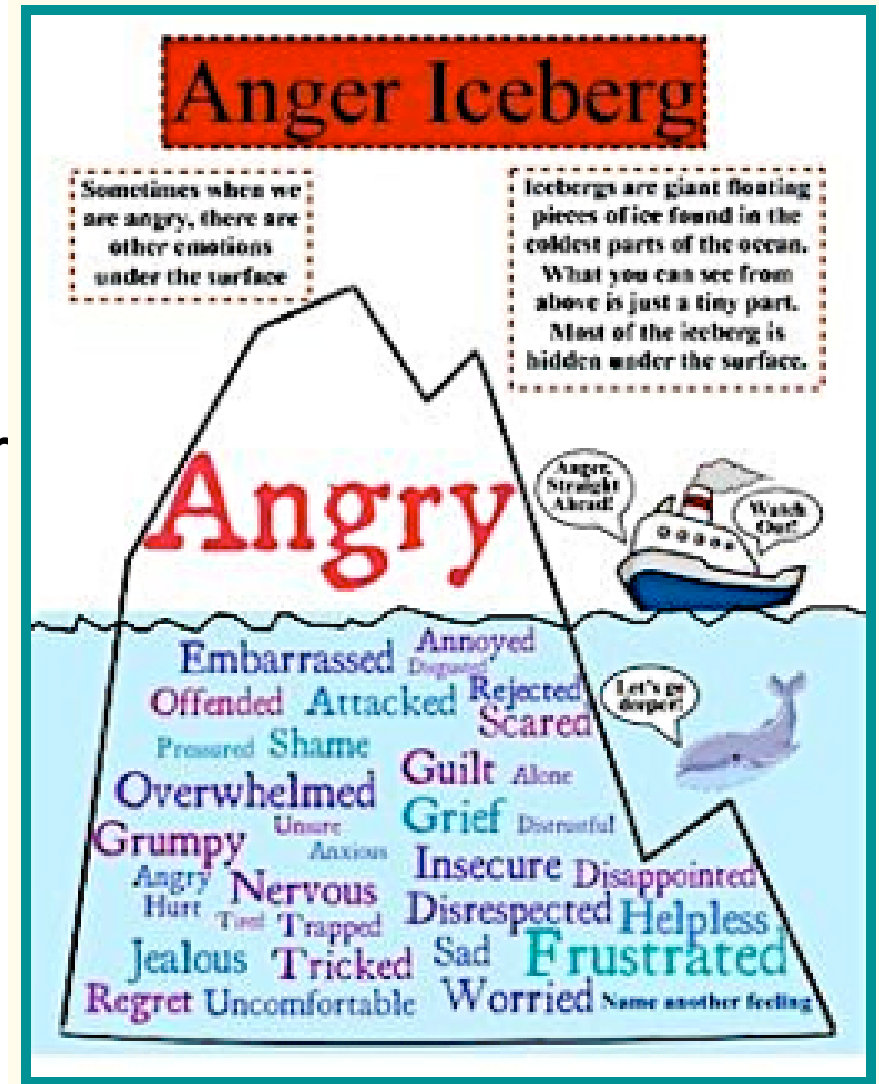
Detective roles for parents - What is under your child's anger?





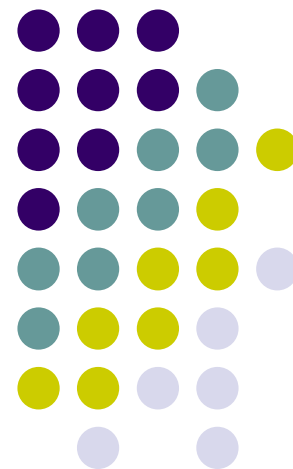
Anger Iceberg

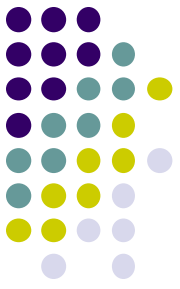
- low self-esteem, fear of failure, or feelings of isolation
- anxiety - no control over the situation
- sadness
- hungry or tired or crowded



Identify Triggers

- **Sleep**
- **Diet**
- **Routine Changes**
- **Transitions**
- **Other**





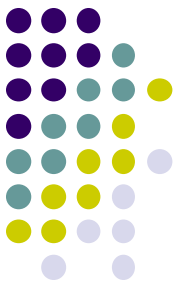
Build a Toolkit

After identifying triggers, build a toolkit filled with tools that help to prevent aggressive behaviors and strategies to help children regulate when upset.

- Regulation – avoid triggers
- Social Environments
- Routine / structure
- Positive Parenting – Positive Attention

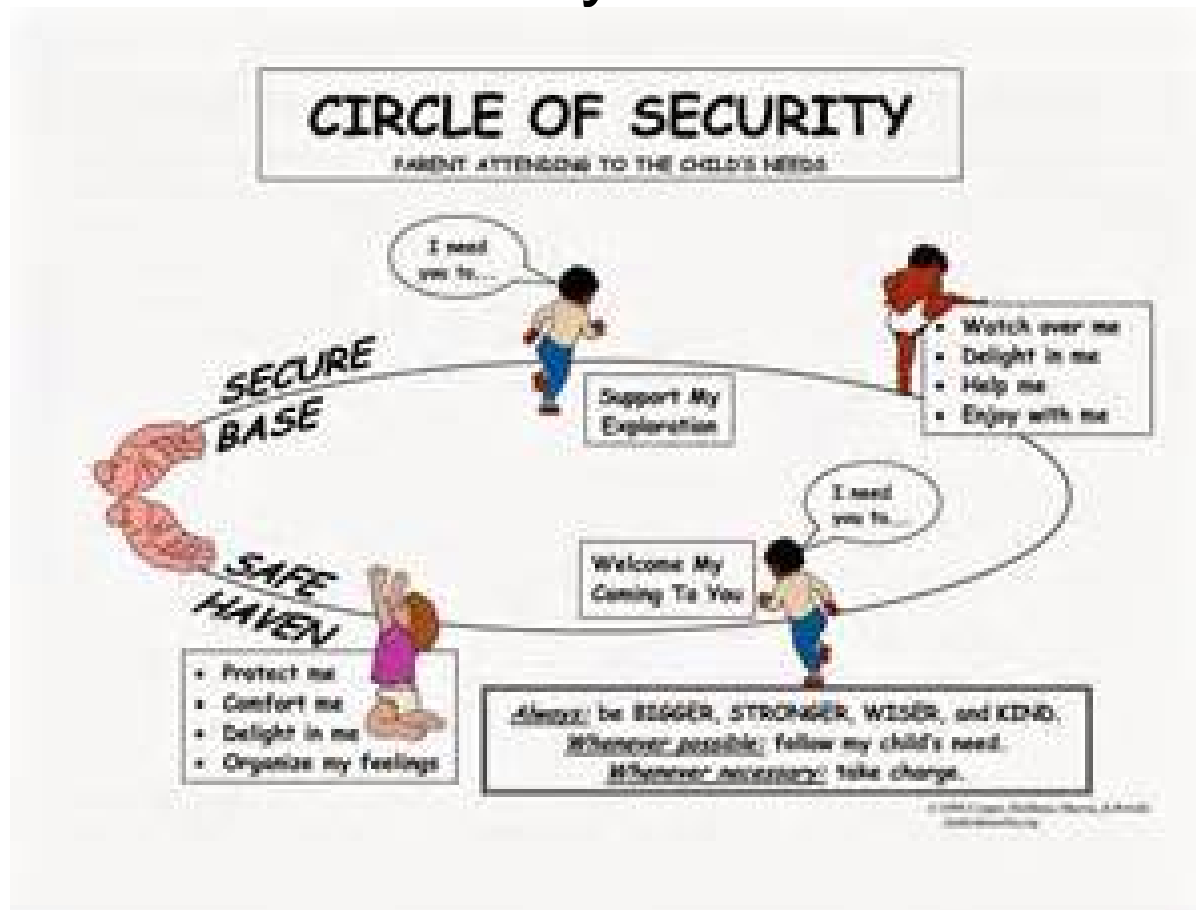


Strategies for Preventing Aggression in Young Children

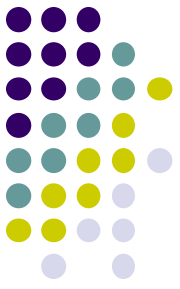


- Circle of Security – follow your child's need

<http://www.circleofsecurity.net/>



Strategies for Preventing Aggression in Young Children



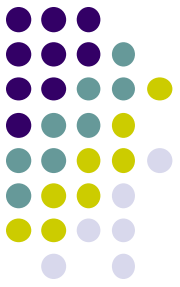
- Circle of Security – Shark Music & Being With

Strategies for Preventing Aggression in Young Children



- Physical Activity
- Normalize anger
- Modeling
- Coaching
- Physical activity
- Avoid aggressive toys if aggression an issue

Parenting the Child with Aggression



- Detective roles – Observe
- Remain calm
- Give children words to express themselves
- Practice expressing strong feelings:
 - * yell into a pillow
 - * punch a pillow
 - * throwing bean bags into a garbage can
 - * push playdough
 - * skip, run or walk
 - * scribble or draw their anger
 - * play in water
 - * blow bubbles
 - * sensory experiences
 - * dance
 - * listen to music

Time In versus Time Out



- Time In
- Time Out



Sam is a 32 month-old boy who was referred to your clinic by his family physician, Dr. Shell, for issues related to aggression. Sam lives with his biological parents, Mike and Cindy and his 6 month-old sister, Beth. Both of Sam's parents reported that his tantrums and aggressive behaviours have escalated over the past year and they are struggling to parent him.



With regard to the tantrums, Cindy stated that Sam exhibits several explosive tantrums daily that appear to be unprovoked. He will throw things, hit, kick and spit at his parents. In addition, Sam has started pinching and poking at his sister. The family has a dog, Rascal, and Sam is also quite physically rough with him.

Mike reported that they find it quite difficult to understand Sam when he speaks which can be quite frustrating for Sam. Cindy stated that Sam's child care centre has reported minor aggression at the centre, but when Sam arrives home, he becomes very dysregulated and often escalates. Mike and Cindy both reported that evenings can be very challenging for the family and it tends to take a long time to settle Sam at bedtime. Sam often does not fall asleep until after 9:30pm and his parents wake him to take him to his child care at 6:30am. His parents report that Sam will often wake up multiple times a night but he can typically fall back asleep within 10 to 15 minutes. Sam no longer naps during the day.

At Sam's recent check-up with Dr. Shell, Cindy voiced concerns with Sam being constipated and somewhat a "picky eater". Otherwise, Cindy reported that Sam is in good health.

Questions and Comments



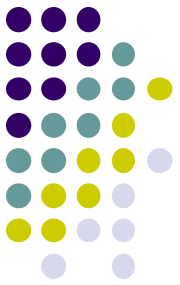
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Contact Us



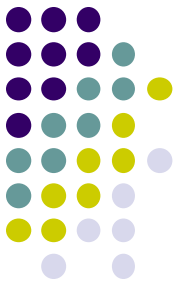
Dr. Hapchyn

ca.hapchyn@gmail.com

Coming soon: NRF Global Communities

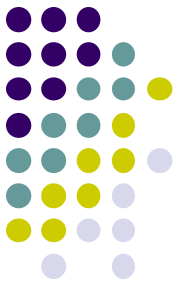
www.nrfgc.com

References

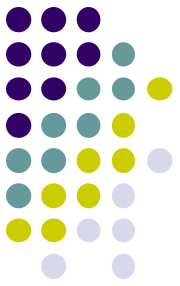


- www.frameworksinstitute.org
- www.albertafamilywellness.org
- www.developingchild.harvard.edu
- www.child-encyclopedia.com
- www.circleofsecurity.net
- www.healthybabyhealthybrain.ca
- www.childtrauma.org

Children's Books About Anger and Other Feelings



- Cain, Janan. The Way I Feel
- Austin, Martot. Growl Bear
- Erickson, Karen. I was so mad
- Viorst, Judith. Alexander and the terrible, horrible, no good, very bad day
- Watson, Jane Werner. Sometimes I Get Angry



Parenting Books:

- The Explosive Child by Ross Greene
- The Out of Sync Child by [Carol Kranowitz](#)
- How to Talk so Kids Will Listen & Listen so Kids Will Talk By [Adele Faber](#), [Elaine Mazlish](#)