

LUNCHEBREAK PARENTING WEBINAR

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Presented by

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A. Set Yourself Up For Success

1. Modified Schedule
2. Emergency Kit
 - a. Drinks
 - b. Waters
 - c. Snacks
 - d. Hats
 - e. Anything else?
3. What is your personality?
4. What is your child's personality?
 - a. Can you handle a lack of structure?
 - b. Introvert/Extrovert
 - c. High energy/Low energy
 - d. Outdoorsy
 - e. Crafts

B. Lousy Local Conditions

1. Hot/Tired/Hungry
2. Meltdown time

C. Make “Calm” a priority:

1. Calming Jar: <http://www.preschoolinspirations.com/2014/11/13/6-ways-to-make-a-calm-down-jar/>



2. Cooling off Chair, Area
3. Let them know what you see them doing to help themselves relax:
 - a. “When you came home from school, I noticed you went to play basketball, that seems to help you relax”
 - b. “It looks like watching a video helps you relax..”
 - c. “That cool drink of water, seem to relax you...”
 - d. “Taking a bath/shower is relaxing for you...”
4. Role model:
 - a. “I am going to go to my room to cool off..”
 - b. “I need to calm down, I feel myself getting frustrated and angry”
 - c. “Let’s take a few minutes to relax....”
5. Isolate Triggers:
 - a. Sounds: Tapping, noise, crowds, loud music, sirens
 - b. Emotions: Teasing, other children crying
 - c. Sight: Too much TV, poor lighting
 - d. Taste: New foods, mixing two foods together
 - e. Touch: seams in socks, tags in clothing, playing in the sand, wool, finger-painting
6. Sibling Rivalry:
 - a. Private Time
 - b. Fighting
 - c. Pat phrases to keep the peace:
 - 1) “Our family strives to support each other.”
 - 2) “Teasing hurts feelings.”
 - 3) “Hands to yourselves!”
 - 4) “You have the superior capacity to be kind, use it!”
7. Point children towards solutions:
 - a. “Trying to figure out how to share a toy can be difficult. Do you have any ideas that might work?”
 - b. “What can you guys do to fix this problem?”
 - c. “Are you guys ready to think of some solutions on who is going to sweep the floor or are you still too mad?”