

What To Expect

Kids hurting each other sometimes is normal

- Almost all kids hurt others at some point
- Hurting does not imply a failure by parents or teachers

Kids often learn to stop hurting others on their own

- Kids almost always stop by around age 6
- Past age 6 professional help should be considered

A child hurting someone else is a learning opportunity

- Kids realize the impact their actions can have on others
- Kids feel empathy for the suffering of others
- Kids learn to recognize their anger and manage it



What Not To Do

Yelling and spanking won't prevent future violence

- Yelling and spanking frighten children
- Children can't think about their mistakes and learn from them when they are frightened

Punishments and threats won't prevent future violence

- Hurting others is a “crime of passion”
- Threats won't be remembered in these impulsive moments

Children can't learn in the heat of the moment

- Learning can't occur when either your or your child is upset
- Focus on helping both kids recover and save learning for later



What To Do

In the moment, focus on helping *both* kids recover

- An incident is not a time for learning
- It can help to gently point out the damage caused by their actions

Set clear rules and boundaries

- Always make it clear that under no circumstance is hurting others okay
- Set boundaries and hold children to them – for example, if you hit again I can't take you to the playground for a week

Help them learn when feelings are stable

- There is a lot you can do to help kids learn to handle these tough situations
- See the next page for a list of recommendations



Helping Kids Learn

Reflect on mistakes once feelings are stable

- Help kids comprehend the situation – what was felt, the consequences of actions, and what to do next time
- Help kids decide how to fix the damage they caused

Teach through play and pretend

- Pretend situations where the child is angry
- Practice correct responses so they become natural

Teach through books, shows, and others resources

- Books and shows are excellent opportunities for kids to think about tough situations and how to handle them
- Here are our provided materials and additional recommendations
- Additional resource can be found by searching online



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