

A BACKGROUND TO READING

COPING WITH MOODS

TIP! HOW DO I DISTRACT MY CHILD?

'Let's look at a book!'

'What can I see through the window?'

'Let's go and find your favourite toy.'

'Why don't we go and talk to your friend.'

If these tactics don't work, and your child is still inconsolable, sometimes it is a good idea to ignore him, but keep an eye from a distance, of course. He will usually calm down after a short while.

INFANT CHILDREN

By this age your child is able to process his feelings a little more and is able to express himself more clearly. However, there are still opportunities for a tantrum!

If this should happen, ask your child what is wrong and how he feels. If he is too upset to talk, reassure him and wait for him to calm down.

If this fails, he is not too old to use the distraction tactic.

