



SAFETY ALERT!

An early childhood worker was recently injured; an upset child was angrily throwing objects, and the teacher was struck in the knee by a chair.



When a child is upset and unable to control his/her emotions:

- Move other children from the area
- Remove items that could become airborne



Provide the child with the opportunity to "chill".

- Provide children with a "quiet corner" and educate them to its purpose before an incident occurs.
- Allow the emotional child to deescalate; for example, some teachers allow a child to punch a pillow or other safe activity as an outlet to express his/her frustration.
- Provide age-appropriate books that discuss anger and provide strategies for the child. If possible, use the incident as an opportunity to read a story and address the incident in a non-threatening way, allowing the upset child to integrate back into the group.



Use your judgment as to next steps.

- Review your facility's strategies and child development goals.
- At some point it may be necessary to involve a child's parents, for example, if this kind of behavior is frequent and/or is escalating in its severity.
- Acting out is often symptomatic of outside issues (such as family changes, etc.).

***You are essential to the development of children in your care;
please also take care to protect yourself from injury.***