

A Parent Asks

Q: My child seems so angry all the time and becomes very aggressive when she is angry. She hits her sister, argues with me, kicks and throws her toys around, and is generally in a bad mood. Even her teacher complains about how quickly she loses her temper. What can you do with an angry child?

A: Validate your child's feelings, "you are angry, it is okay to feel angry, but can you tell me in words instead of actions who or what you are angry about?" Wait for the child's response and listen with interest, instead of saying you should not be angry.



Spotlight on Safety: Mental Health

Suicide Prevention – If you have a suspicion that your child may be suicidal, avoid being judgmental and stay calm. Express empathy and validate their feelings instead of telling them not to feel a certain way. Let them know that reaching out for help doesn't make them weak, but something that you will respect them for doing.

Depression/Anxiety – Your child may have disinterests in previously enjoyed activities, unwilling to participate with others, stressed, or have mood swings that make them unresponsive or constantly irritable. Validate their feelings and reassure them that it is okay to feel that way. Know that depression or anxiety will not go away in a day, but express concern and love to your child daily. Praise them when they do something well, not always focusing on the negative.

Alcohol and Drug use – Educate your child at an early age on the risks associated with peer pressure. Be aware of changes in grades, mood, truancy, and who your child hangs around with. Don't be too overbearing but build a trusting relationship and have open communication. Being too involved will make them want to act out even more. Find the balance between showing you care and letting them have their freedom.

Increased Sexual behaviors – Unsafe sexual practices can indicate that your child is not feeling loved enough and is resorting to what they think love is supposed to feel like, amongst other issues they may be having. No matter how painful it is to talk about sex with your child, it is something that must be done. Educating your child at an early age can decrease teenage pregnancies and life-threatening STDs. Do not discourage their decisions but let them know that their safety is number one and you are there for support.

May is National Physical Fitness and Sports Month!

- Research shows that physical activity benefits you mentally and physically for everybody of every age and is one of the most important things you can do for your health. It is encouraged to get the entire family involved in being active. When children start being active at an early age, they will know the importance of exercise and will want to continue to be active in years to come. You can incorporate exercise into everyday activities such as taking the stairs whenever possible, do daily walks after dinner, walk the dog, or make a game out of household chores!



Suggested Readings Check out your local library!

Llama Llama and the Bully Goat
By Anna Dewdney



I Didn't Know I was a Bully
By Melissa Richards

Dixie and the Big Bully
By Grace Gilman and Sarah McConnell

Freda Stops a Bully
By Stuart J. Murphy

Special Days to Remember

March 3: Girls Day
March 17: St. Patrick's Day
March 26: Prince Kuhio Day

April is Child Abuse Prevention Month

April 19: Good Friday
April 22: Earth Day
April 21: Easter Sunday



May 5: Boys Day
May 12: Mother's Day
May 27: Memorial Day

