

Child Behavior and How to Respond

What My Child Might Do	How Can I Respond
Yell or scream	<i>Stay calm, speak softly, offer a choice such as: “Do you want to take a break or come help me?”</i>
Cry or shut down	<i>Come close and say, “I’m here.” Validate their feelings.</i>
Angry or hit	<i>Hold them and say, “You are safe. I won’t let you get hurt.”</i>
Get overly silly or wild	<i>Guide them. Gently ask to pause, breathe, or restart.</i>
Show fear or anxiety	<i>Use a technique like naming three things around. This gently shifts their focus.</i>
Frustrated or overwhelmed	<i>Help name the emotion. Reassure: “I’m here to handle it with you.”</i>
Withdraw from others	<i>Offer connection. Say something like: “You matter to me. Let’s find a way to reconnect.”</i>