



April 2015

# Anger Management for Children

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It is never too soon to teach children how to control anger so that it doesn't *control* them. Remember, however, that it is difficult for young children to master these strategies so children will need help—and a lot of practice.

1. **Stop.** If a child is feeling out of control, s/he should be separated from the person s/he feels like hurting. S/he should leave the room. Children often need a parent or caregiver to help them to stop.
2. **Calm down.** Teach children to use some calming strategies when they feel the physical symptoms of anger. S/he can try taking deep breaths, drinking water, distracting her/himself with a song or a story or playing alone.
3. **Think before you act.** Encourage children to ask themselves, "What do I want to happen?" Explain that vengeance and retaliation are not worth acting on. Being understood and making things right are worthwhile. Some actions can't be erased, but the injured child can still show understanding.
4. **Consider the other person's feelings.** Children can begin to show empathy as young as 3 years old, but they need the help of an adult. Try to get him/her to understand the other person's point of view, just as she wants her point of view understood. See if s/he can figure out why the other person doesn't understand him/her side. Could s/he find another way to get her view across more clearly? Can she try to let it go?
5. **Look for possible solutions.** Help children see beyond mean words like, "I hate you and you're no good." See if they can find a compromise that both parties can agree on. Apologizing often helps.

**When Anger Becomes Aggression** - There will be times when anger turns into a physical scuffle. Use this as an opportunity to help children master their aggressive feelings. Here's what you can do to help children manage anger:

- **Stop the action and restore safety.** It's often necessary to isolate the fighters. Reassure both sides that they'll be safe, and that they can learn to stay in control and protect themselves.
- **Set limits.** Lay down the law and let children know who's in charge when they're out of control: "No hitting, and if you won't stop it, I will."
- **Follow through with consequences.** A child must face the consequences of his actions if s/he is to learn to stop and think before s/he acts. "If you can't be together without hurting each other, then you can't be together. If you want another chance to play, see if you can remember this."
- **Forgive.** Children need to know that their bad behavior hasn't turned them into bad people. Apologies and making amends help them move from the guilty feelings that come from knowing they were wrong, to a feeling of hope that they can do better.

Source: Adapted from Anger Management for Children, Scholastic.com

## Program Reminders/Updates

**Got Milk?** We have recently found that many providers only have the wrong kind of milk at home during visits. The following are credible milks in CACFP:

- 1) **Infants:** breast-milk or formula only
- 2) **1-2 years old:** whole milk, 1% milk or non-fat milk
- 3) **2 years - older:** 1% or non-fat milk



Note: Some soy milks are reimbursable. For details contact your consultant.

**Sweet Foods:** While we all like sweet foods they are not the healthiest foods for us to eat. They are high in fat and sugar. Remember that the USDA restricts you to **only offering sweet foods 1x per day or a maximum of 2 x's per week.**



## Menu Ideas

### Breakfast

Oatmeal Squares	<b>*Veggie Pancakes</b>	Corn Tortilla Quesadilla	Granola Yogurt Parfait	WW cereal
Peaches	Zucchini/carrots	Apples	Strawberries	Bananas
Milk	Milk	Milk	Milk	Milk

### Lunch/Dinner

Bean Chili (kidn/black)	Chicken	Turkey Tomato Sauce	Beef stir fry	Oven Baked Tilapia
Barley	Quinoa	Whole Grain Linguine	Spanish rice	WW Garlic Toast
Broccoli	Creamy Carrot soup	Snap peas	Bell peppers/ carrots	Asparagus
Blueberries	Roasted Cauliflower	Corn	Grapes	Mandarin Oranges
Milk	Milk	Milk	Milk	Milk

### Snack Am/Pm

Toast	Peaches	HB Egg	HM Corn Bread	Cheddar cheese
Tomato/moz. cheese	Cottage cheese	Cucumber	Milk	Apples

### Activity Corner – Bubble prints

#### Supplies:

- Red, yellow, blue tempura paint
- Caps from water bottles
- White paper



#### Directions:

- Pour paint onto paper plates or pie pans
- Dip a clean, dry cap into paint and then press it onto paper
- Repeat with other colors, overlapping to create rainbows

### Did you know?

- The Child and Adult Care Food Program meal patterns have not been significantly revised since the inception of the program in 1968.
- The World Health Organization (WHO) has issued a warning about exposure to chemicals during childhood and one of the main sources is household cleaning products.
- For a non-toxic all-purpose cleaner try this: 1 tsp borax, ½ tsp washing soda, 1 tsp castille soap, essential oil (e.g. 4 drops lemon, 4 drops lavender, 10 drops orange)

### How the CACFP has benefitted your child care?

Each one of you has a unique story. We would love for you to share it with us.  
Send us a letter so that we may share your story.



### \*Vegetable Pancakes

1 egg(s)	1/2 c. enriched flour	
1/2 c. whole wheat flour	1 Tbsp. baking powder	
3/4 c. milk	1 c. grated zucchini	1 c. grated carrot(s)



In a mixing bowl whisk together eggs, flours and baking powder. Whisk in milk, then stir in vegetables. Let stand 20 minutes. Coat a large, nonstick skillet with cooking oil spray and heat over medium heat. Pour batter from a measuring cup or small pitcher onto pan to make pancakes of desired size. When bubbles form on top, turn over with spatula. Continue cooking just until golden on both sides. Serve with maple syrup, sour cream or unsweetened plain yogurt.

Yield: 8 Large pancakes

Serving Size: ½ pancake is grain/bread for a 3-5 year old.

Source: tasteforlife Sept 2007

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