

What should I do when my child gets frustrated easily?

Supervise your child in order to monitor his/her behavior at all times. Try to prevent things from happening which cause your child to become easily frustrated.

Make sure that the activities in which your child is involved are appropriate for your child's age, maturity, and developmental level. Remove your child from situations when he/she becomes frustrated or upset. Provide your child with a place to go when they are upset or angry.

Teach your child to recognize when he/she is becoming frustrated and find ways to deal with his/her feelings. Reward your child by using verbal praise, a kiss, a hug, having a friend over to play, staying up late or playing a game as a reward for controlling their behavior.

Encourage your child to talk to you when they are feeling upset or angry. Do not emphasize perfection. If your child feels that he/she must meet your expectations and cannot, it may cause him/her to become frustrated. Treat your child with respect. Talk to him/her in a non threatening manner.

When your child becomes frustrated, explain exactly what he/she is doing wrong, what he/she is supposed to do and why. For example, you are playing Monopoly and he/she starts crying because he/she is losing. Stop the game, get his/her attention and say "William, you need to stop crying and finish the game. Others will not want to play with you if you start crying when you are losing."