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**Introduction**

In the beautiful green meadows, with blossom flowers and a cool breeze spreading the fragrance of calmness, is what all shepherds enjoy as they observe over their herds. A tiny lamb prefers to go and eat the dried grass on the other side, where cautions are the headlines and Hazzard are the barriers. Despite the fences, rod biting, and staff guiding, the small one refused to obey the long-used methodology of shepherding. The obedient white sheep were peacefully grazing in the green grass when suddenly all were interrupted.

In each family, there is one of this kind; we call them the black sheep. This term is used for an aggressive child going astray but, in general, one who is challenging and different from the others. They earn this title at a very young age in many circumstances, even as a toddler.

Having a child with such behaviour makes our lives as a parent very difficult. You are always under stress, and at times, you lose it, screaming your lungs out with verbal or thoughtful regrets about why you were given such a child. The method of the upbringing of your previous children or how your parents brought you up may backfire. Many who do have one doesn’t understand your frustrations. However, those who are not judgmental and those who care meet and support you with the effective methodology to broaden your understanding of the different strategies used to approach these early childhood behaviours.

**Situations that will usually lead to your child acting aggressively**

Since birth, a baby tends to react to different stimuli in the external surroundings and internal emotions. These introverted and extroverted stimulations transmitted positive or negative responses that can be in the form of things they like or dislike. In the early 18 to 36 months, toddlers are aware of their surroundings, knowing that they are an individual, separated from their parents or siblings. During this stage, they sought to imitate the actions of others who are in their surrounding environment. Words or small structured phrases are used in the exchange of actions. However, the gestural actions are always present to reinforce verbal communication. Those around them must be aware of what they are feeling. I am angry can come with stomps, I am sleepy, and ever ending cries and someone took my ball; with a kick or a bite.

In toddlers' world, behaving aggressively is a normal part of emotional and behavioural development. This can be caused by the projection of overwhelming emotions, especially the intensive ones like anxiety, to attempt some particular actions, like stepping into an unusual place or even swimming for the first time. Others like Fear of patting a small harmless puppy or a frustrating voice of a joyful nanny singing a sweet lullaby, which can irritate and triggers aggression. Being exposed to kindness and good understanding will resolve to kindness, but it will orient around aggressive traits if they frequently witness aggression.

As they socialize more, they let go of these behaviours, especially when they know that they are not suitable to practice. Toddlers develop the ability to learn and acquire new skills to resolve conflict peacefully. Such can be projected in compromising responses. The skills need to be stimulated with the help of their parents or older siblings, or even their caretaker. Later they can react or solve the problems independently and begin to portray empathy. Head Off Aggressive Behavior always helps parents identify what triggers the aggressive behaviours. Preventing the situation from happening can also help your child not to feel awkward in their new surroundings. Through that, you always need to plan. Having your child around new people may lead to tantrums, where they are scared of the new faces or even refuse for that particular person to talk to or even carry them. Your kids must be familiar with the surrounding environment or acquaintances before they physically meet. This can be done by showing them visual images or bringing them to that particular place days before that special event. You might have a pretend picnic with an aunt and an uncle during playtime. Such technique can get your child to cope with the new people or environment, your relatives or friends may also help make the child feel at ease.

**Parent's reactions and responses.**

In parenting, dealing with aggressive toddlers is a huge responsibility, and it is recognized to be one of the most challenging ones alongside chronic sicknesses. Its physical and emotional effects may stir anger and respond to a more aggressive reaction or even mental stress. Your effort to control them may at times be in vain despite if at the back of your mind you know that they do not mean to do it on purpose. We sometimes respond to these ineffective actions or methods because we do not understand or learn how to deal with these situations. Consulting a professional, for example, a child psychologist or psychiatrist or even a pediatrician, will work best, especially if the condition is alarming.

In addition, there are books, articles or online sites that can help you better understand your child and how to help you cope with these unwanted experiences. Firstly, you need to know the four major types of aggressive behaviours: They are accidental, expressive, instrumental and hostile behaviour. It is by having the proper knowledge of how to handle each one that will, in the end, make the methods effective and improves your child's behaviour. Accidental is more to do with petty incidents that can happen on the playground, like, for example, bumping on someone else, hitting heads together or accidentally stepping on someone. On the other hand, we have expressive aggression; kids tend to do this form of aggression despite if they do not aim to hurt someone. To express their discontent can be by pushing someone to be first in line or pinching someone because he did not want to share his food. In addition, there is hostile aggression; it is purposefully being practiced to hurt someone and love to see others being hurt. The action can be emotional or physical, which is a form of bullying. Kids can also display Instrumental aggression, which arises when children fight over toys, food, or parents. Children from 2 to 6 years of age do start to show these forms of aggression, and through that, parents need to mould and instruct them on how to portray a suitable manner and act positively towards others.

Parents need to practice or acquire general skills to handle their toddlers or other kids with aggressive behaviour. At times parents get frustrated knowing that they cannot control the child, and when the child tends to get older, it is uncontrollable. Hitting a child, for many psychological and psychiatrically experts, is not a solution. Parents can use different valuation methods to restrain physically and emotionally hurting their kids and give them the love and attention needed. Implementing these methods will help your child feel loved and transmit the love to their little peers. Not correcting them for their aggressive behaviour towards others is not love but restraining them from learning good values.

 Ensure that calmness is always the tone of voice and gestures you use when transmitting verbal corrections or instructions. Use clear language, mainly if your child has limited language skills. Your discontentment must be clear state, and if you have to use simple gestures to emphasize the misbehaving traits, do so with love. Moreover, be consistent in your ruling. Do not negotiate your terms. Being affirmative in telling your child that he is out of control in a discreet tone will help your child to calm down quickly. Make it clear that aggression is unacceptable. Parents must be observant, always safeguarding their surroundings and other kids playing with them but try not to be overprotective. Secure that their surrounding has no aggressive materials. Avoid purchasing hazardous toys and having more options to play with instead of one when there are more kids can avoid conflicts. Mollify the situation and highlight that the aggressive action is harmful to another child. Verbal rewards like praise and recognition like applause will initiate good behaviour and eliminate all forms of aggression. Reinforce friendships at home, in educational institutions and community.

**My Temperament and Life Experiences**

Raising a child is difficult if you don't have help and support from your partner, family, or community. Being a mother with two children has helped me realize that we do not raise our children on our own but with the help of others. My son was born in 2004; during a period were we did not have that much information about the proper way to bring up children or the showers of information that we have online today for help and support. Today in Seychelles, we have a few child psychologists that can help parents and their children. Majority of us old school parents or even those brought up by an old school parent always resolve these aggressive issues with spanking, punishing, more punishing and more spanking. I also thought that this old school whooping method would help my child and those of my siblings’ project positive behaviour, but I was wrong. When I got my second child 8 years later, which she is now 10 years old, I received lots of help and support from online articles and talks. As the years went by, most of the parents in Seychelles benefited from this information.

 I did not have to resolve it with physical correction to correct my daughter. Firstly, I had a clear insight on childhood development and how each child will react to different stages individually. Despite if they were not all effective, there was at least a group that I, as parents, could use to address the aggressive behaviour of my child. One of the issues was one that I made mentioned in the second paragraph. My daughter was timid, and she will get upset each time she was in a new environment or saw a new person. She will also get restless and refuse to sleep, hoping to stay awake all day long. She will also cry for hours, especially when she is in a bad mood. She will sometimes cry a whole day with the nanny that she had known since birth because she misses me. I realized that I needed to step in to groom her, especially after the nanny told me that she was releasing her and would take care of her no more. Being upset at the nanny was not the solution, but helping my Abigael adapt to a new nanny was my goal.

I took the time to recognize my child's feelings and identify ways to help her channel these emotions. At 16 months, she could understand simple phrases or even grasp gestural movements, like stop, sleep, or even shush. Using words and gestures in a clear and calm voice only enabled me to put her to sleep. Paying visit to the new nanny from time to time on Sunday afternoon also helped because she knew that seeing the nanny on different days was no longer a weekly routine. Being affirmative in my decision in a repeated pattern has helped my child generate the instructions, but I always ensure that it is projected calmly.

At a very young age she had learned from her actions and can clearly understand that there are consequences if she does not abide by it. This was not for her alone to figure it out but for us who are raising her to help her step by step understand the surroundings and how to project positive feelings for her own befits.

Advancing ourselves with new methods of raising a child does not mean that we are rejecting the old ways of how our parents raised us. Yes, we uphold our cultural attributes, but we can use the new method alongside it to better understand our child and minimize Misbehavior.

**Conclusion**

To conclude, having a strong, stable, and well-planned family life is the key. Without help and support, a parent's temperament to deal with such a situation may deteriorate if the situation gets tough. Despite all, if you are a single parent, always get the other members of your family to get engaged in your child's upbringing. Whenever you get down or feel alone, never shut yourselves down; always reach out for help and support. Recruiting spiritual meditation supports will help you keep your mind at peace and find the strength to cope as an individual.

Take time to observe your child's development; at times, we tend to let our children spend so much time alone, playing by themselves or with a sibling. We need to take time to play with our kids because their love for their parents surpasses their love for others. Spending time with their loving parents can help them develop more affectionate behaviour and trust towards others. Know those small ones always imitate those who are bigger, and if they assimilate positivity, they will project positivity.

Finally, eliminating all misconceptions methods is the prime step in addressing toddlers' aggressive behaviours. It is pivotal to acquire knowledge from concrete psychological, social and educational research methodology. What is happening in your child's world might not be the same as the others with a similar problem. Moreover, the reason for your child's behaviour might be directed toward a chronic sickness. More founded support is essential to cater for your child's wellbeing. Above all, a child is a blessed gift, not a daredevil.

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