

Dear Children's Center Families and Staff,

Last Wednesday, Beth Proudfoot came to the Children's Center to share her wisdom and expertise on anger and stress. It was a wonderful and informative evening, as Beth provided parents with stress reduction techniques and tips for helping children deal with anger. Some of the main points that I thought were valuable were:

- **Teaching kids to say "feeling" words**
 - "When (this happened) it made you feel (feeling/emotion) because..."
- **Stress/anger increases adrenaline: to get rid of adrenaline- have children exercise!**
 - Examples: run, ride bike, shoot hoops, run up and down the stairs, jump on small trampoline, etc
- **"Grant children their wishes and fantasies"**
 - Allowing kids to complain and having someone understand how they feel; Example: "I wish it was my birthday party too!"
 - Sometimes kids don't know how to express how they are feeling; being able to give words to their feelings; Example: "I miss my mommy"
- **Using random encouragement for behavior that you want** (more subtle than praise)
 - Examples: "I'm so looking forward to you playing gently today!"
 - Thanks for...
 - It really helps me out when you...
- **"Until You Are Ready" technique**
 - Sandbox example: After child throws sand, remove from the sandbox and say, "You may return to the sandbox when **you are ready** to not throw sand."

Beth also provided us with a list of her favorite books on anger and stress:

- *Anger, the Misunderstood Emotion**, Carol Tavris
 - A very scholarly cross-cultural look at anger-entertaining and thought-provoking reading.
- *Molecules of Emotion: Why You Feel the Way You Feel*, Candace B. Pert
 - She gets a little flaky when she wanders from her field, but she does do a wonderful job of describing the biochemistry of emotion
- *Why They Kill: The Discoveries of a Maverick Criminologist*, Richard Rhodes
 - Well-written, stunning book that goes beyond statistics to the actual life experiences of violent criminal

- ***Protecting the Gift: Keeping Children and Teenagers Safe****, Gavin De Becker
 - You'll be reassured and galvanized by this advice from a real expert. His book, *The Gift of Fear*, is also wonderful- a must-read for every woman
- ***Punished by Rewards****, Alfie Kohn
 - I bought a case and I am handing them out to every educator I know
- ***How to Talk So Kids Will Listen and Listen So Kids Will Talk****, Faber and Mazlish
 - Classic parent/ child communication
- ***I'm Okay, You're Okay****, Thomas Harris, M.D.
 - Assertiveness training for grown-ups
- ***When I Say No I Feel Guilty****, Manuel Smith
 - Another good assertiveness book
- ***Systematic Training for Effective Parenting Parent Manual****, Don Dinkmeyer
 - STEP is a great class. Look for it at local YWCA's and counseling agencies. If you can't find a class, the *Parent Manual* is available at the library and has a whole chapter on "Encouragement"
- ***Transforming the Difficult Child****; Howard Glasser and Jennifer Easley
 - A great discipline book

***Available in the Family Resource Library**

If you were able to make it to the event and would like to give your feedback please contact Jennifer Morgan at jennifermorgan@laumc.org or 650-941-5411x119.

Thanks to everyone who was able to attend!
 Jennifer Morgan
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 The Family Resource Center