



**Kids
Counseling
Center**

Strengthening Families

**4603 Gallatin Pike
Nashville, TN
37216**

(615) 290-5993

www.kidscounselcenter.com

5 Steps to Stop Morning Behaviors so Your Child Goes To School

1. Ask questions. Briefly ask about your child's school day and relationships. Look for areas where your child may be overwhelmed. Remember to keep it brief. Seek help for serious issues.

2. Be calm. In the moment, it is really easy to become mad, sad, or worried. But it is very important that you remain calm. Emotions from you will only increase your child's emotions and behaviors.

3. Explain. Your child needs to know that attending school is not a choice but he/she does have a choice in how his/her school day starts, with difficulty or calmness.

4. Expect normalcy. Expecting normalcy is not about your child's behaviors. It is about you being calm and allowing your child to choose how their day starts and ends. If he/she chooses calmness, then a good day should follow. If he/she chooses behaviors, then a consequence should follow like a 30 minute decrease in an after-school activity or a 30 minute increase in bed-time.

5. Breathe. Stop-Think-Breathe. Part of parenting is to model how we want our children to be as adult. If you Stop-Think-Breathe, so will they.

6. Guidance. Know who you can talk to for ideas and support: friend, family, and counselor. Your supportive resources are your strengths.