

HOW TO STOP YOUR CHILD HITTING In 3 steps



WHY DO KIDS HIT?

We know that it can be very stressful for the parent to go to a party or a playground and have to constantly watch your toddler as they are hurting other kids. Parents get embarrassed and even though they constantly repeat: no hitting, no scratching- there is no reaction. They feel bad and start avoiding social situations which is not a good solution.

This problem is very common and touches many parents.

So, let's have a look at the reasons why they do it and then what can we do to stop them.

There are few factors that can contribute to your toddler hitting others. Tiredness, frustration, anger but also hunger, not being able to communicate or just exploring and learning about the world or trying to get the reaction. Their brains are not wired yet to understand the consequences. Some play like that with their older siblings or their parents and they cannot see a difference that it can actually hurt the younger children. If we react too strongly and shout : STOP or NO that may even seem funny to them and encourage them even more. That is why it is important to follow those simple steps to know what to say and how to react to stop your toddler from hitting all together.



1.

Gentle hands

Introduce the GENTLE HANDS concept. Every time you see your child hitting or scratching you, take their hand and calmly say: gentle hands. Show them how to stroke. Practice this on dolls, teddys, if you have pets at home use the gentle hands idea as well, so your toddler understands what this means

2. It hurts

If you play together and your toddler hits you, stop the game- firmly but calmly and say: It hurts. Then redirect with gentle hands. Only continue playing when your toddler understands that cannot hit you. sometimes it seems harmless to adults but toddlers cannot see the difference between playing with you and playing with other children, so you need to make sure that there is no hitting allowed even if its in a playful manner





3. Prevent

If the problem is big and your child always seems to get in trouble for hitting others try to watch him and come to conclusion when and why they hit. Sometimes it can be something simple like: sharing or being tired or hungry. If you are able to determine the cause try to prevent it: never go for a play date hungry or tired, have two the same toys so every one gets one etc. It can take some time to figure it out but when you do it will be easier for you to plan your social interactions.

Changing behavior patterns takes time but with consistency and sticking to your rules as well as staying calm and positive, you can achieve what you want.

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