



Tips for Parents to Stop Early Aggression

- Establish rules for good behavior:
 - Set them in advance
 - Discuss with child
 - Write them out
 - Establish logical consequences
 - Review at times
- Discipline when rules are broken (do not punish).
- Consistently follow through with consequences. Be firm and kind.
- Enforce the message that aggression is definitely not appropriate behavior - “Hurting others is wrong!” Establish this rule early and repeat often.
- Be aware of conflicting messages – “boys will be boys, girls will be girls.”
- Weave lessons on social rules and values in the young child’s playtime experiences.
- Reward and encourage acts of kindness.
- When the child acts aggressively, don’t say you are upset with her, keep your focus on the behavior.
- Discuss bullying and aggressive behaviors often using real stories, books, role-playing and drawing.

Adapted from, *Systematic Training for Effective Parenting (STEP)*, 1989
Active Parenting, 1990