

EQuip Our Kids! SEL Tip of the Week - Mar 30, 2023

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EQuip Our Kids! SEL Tips

This week's tip: It can feel awkward to get involved when another child is mean to your child. You - and your child - can effectively and kindly respond to unkind behavior with these strategies from [Conscious Discipline](#):

1. **BREATHE:** First, pause and take a deep breath. This will allow you to think more clearly and model a calm approach.
2. **GIVE THE BENEFIT OF THE DOUBT:** Instead of reacting negatively, assume the other child did not fully understand their misbehavior. This will help you stay in a problem-solving mindset and approach the situation positively.
3. **GIVE YOUR CHILD A VOICE:** Help your child discover their own "big voice" by demonstrating assertive language. Practice with your child and guide them in using their voice to communicate limits.

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