



Information to Share with Parents

Everybody Gets “Ma-a-ad”

“The Mad Goat Song” and many other segments on Sesame Street recognize that it is normal for young children to get angry and they need the adults in their lives to help them learn how to handle their anger. For example, in the “Mad Goat Song,” the goat gets angry (“ma-a-ad”) in a variety of situations, while in another segment, Whoopie Goldberg shows Baby Bear what she does to express her anger without hurting anyone.

How children typically express their anger:

Crying or sulking
Non-aggressive physical or verbal defense
Aggressive retaliation or revenge (hitting, biting)
Tantrums

Why children get angry

- Conflict over possessions (another child grabs a favorite toy)
- Being physically or emotionally hurt by someone else
- Feeling rejected or ignored
- Being asked to do something the child doesn’t want to do
- Frustration, lack of control

Ideas for handling children’s anger

- Don’t ignore a child’s anger or tell him or her he shouldn’t be angry
- Try to understand why the child is angry so you can empathize
- Encourage children to label their feelings, teaching them the meaning of words for different levels of anger like “annoyed,” “irritated,” “frustrated,” “mad,” “enraged”
- Model staying calm when you are provoked and give examples of how you do that
- Make it clear that while being angry is okay, it is not okay to hurt someone else
- Suggest alternatives to anger (get or give a hug) or provide acceptable ways to work off anger (go for a walk, punch a pillow, stomp feet)
- Seek professional help when a child’s anger is frequent, extreme, dangerous or deliberately malicious

Resources

- Sesame Street: <http://bit.ly/ht71Pz> (short videos about anger)
- “Helping Young Children Control Anger and Handle Disappointment,” Technical Assistance Center for Social-Emotional Interventions: <http://bit.ly/gkqflb> (includes information about the Turtle technique for diffusing anger)
- “Helping Young Children Deal with Anger,” by Marian Marion, Ph.D.: <http://bit.ly/bXFPGH>
- Related “FOCUS on ECMH” factsheets: self-regulation, understanding aggressive behavior, problem-solving, the meaning of behavior (available at www.parecovery.org (Statewide Initiatives/Early Childhood Mental Health))

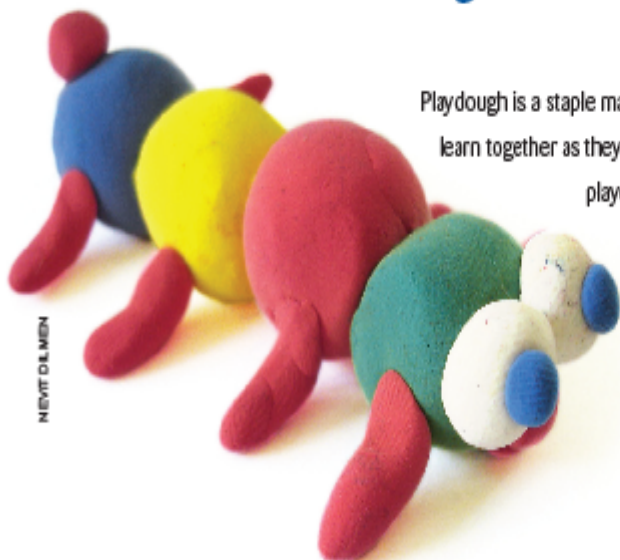


IN THIS SECTION

- Everybody Gets “Ma-a-ad”
- Playdough!

2nd page is
designed as a
handout for
Parents.

Playdough!



NEVIT DOLMIZEN

Playdough is a staple material in our classroom. Your children play, talk, and learn together as they pound, roll, and make things. They will also enjoy using playdough at home. What do children need? A few props, a little space, and time to play and learn with YOU!

While using playdough, preschoolers are learning . . .

■ **Social and emotional skills** by sharing and taking turns using the props, cooperating to make something together, and feeling proud of their accomplishments.

■ **Language and literacy skills** by rolling a long snake then forming letters, telling you about what they are doing and making, and discussing new words, such as *cut*, *chop*, and *slice*.

■ **Creativity and imagination** by baking cakes and pies to sell in a bakery or building cages for zoo animals.

■ **Science and math concepts** by responding to your questions, such as “What do you think will happen when you . . . ?” “What did it look like?” “How does it feel?” “What can you do to make it . . . ?” “Which one is fatter?”

■ **Fine motor skills** by using hands, fingers, and tools to pound, push, poke, shape, flatten, roll, cut, and scrape the dough.

Props

Open your kitchen drawers and cupboards to find rolling pins, plastic knives, cookie cutters, and birthday candles.

Collect recycled items such as aluminum pie plates, buttons, lids, and bottle caps of different sizes.

Add a touch of nature with feathers, twigs, leaves, acorns, and dried flowers.

Look in your child’s toy collection for plastic and rubber people, animals, dinosaurs, blocks, and more.

Space

Cover a table with an easily cleaned mat or table cloth. An old shower curtain would work too. Some families use large cookie sheets as the play surface.

Time

Preschoolers need plenty of time to feel, touch, roll, mush, and create with playdough. They will enjoy being with you—talking, laughing, and learning.

A request

Please tell us about your playdough experiences at home. We’d love to see photos too. If you share your recipes and prop suggestions, we will pass them on to other families.

A message from your child’s teacher