

## STOPPING AGGRESSION STARTS WITH NOTICING PATTERNS

For 5 days observe. Write down what you notice...

- 1) What happens before the hitting? A few hours before & right before



- 2) Notice the scenarios when your child hits.
  - a. When?
  - b. Where?
  - c. With whom? Siblings? A particular playmate?
  - d. Other stressors? Mom being out at class? Substitute teacher?
  - e. What is the lead up to your child being scared enough to hit?



- 3) Study your response to your child hitting: What goes on inside you?
  - a. Our patterns can hook into our child's patterns and perpetuate the hitting.
  - b. LISTENING TIME helps us change OUR patterns so we can help our children change theirs.