



THE FERTILE CONSTRAINT



la fabrique à bonheurs
Académie de la Psychopédagogie Positive

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TIPS AND RECOMMENDATIONS



**OFFER CONSTRUCTIVE
ALTERNATIVES**

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SHOW CONSISTENCY

3



1

**DO NOT GIVE IN TO EMOTIONAL
IMMEDIACY (PLEASURE RIGHT AWAY)**

2

**DO NOT SET RULES
WITHOUT EXPLAINING
THEM**



DO NOT GIVE IN TO AFFECTIVE IMMEDIACY (PLEASING RIGHT AWAY):



Delaying the child's desires to provide a structured and educational framework. Saying "no" or "not right now" teaches patience, frustration management, and the importance of effort. By avoiding immediate responses to all their requests, you help them understand that deferred pleasure is often more meaningful and rewarding.



OFFER CONSTRUCTIVE ALTERNATIVES



Instead of giving in to all requests, offer suitable options that respect the set limit. For example: "You can't have a screen right now, but you can read a book or draw"



SHOW CONSISTENCY



Limits must be consistent to become structuring. Adapt them to your child's development while remaining a stable reference in their educational environment: Do not vary the limits according to the mood of the day.



DO NOT SET RULES WITHOUT EXPLAINING THEM



Say "no" softly but firmly helps the child understand that some things require time or effort. Accompany this refusal with a clear explanation so they grasp the meaning behind the imposed limit.



"I'm Frustrated (Dealing With Feelings)" - Elizabeth Crary



"I Can't Wait (Children's Problem Solving Book)" - Elizabeth Crary



"How to Teach Frustration Tolerance to Kids" - Childrens Health Council

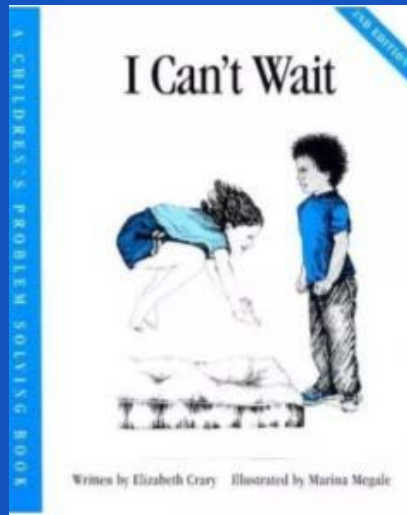


"Here's advice from psychologists on how to help kids cope with anger and frustration" - American Psychological Association



Calming Parenting Podcast





"I CAN'T WAIT (CHILDREN'S PROBLEM SOLVING BOOK)" - ELIZABETH CRARY

A young boy explores eight ways to pass the time while waiting for his turn. The story includes questions for adults to ask the child about his behavior and feelings as each option is discussed.



"HERE'S ADVICE FROM PSYCHOLOGISTS ON HOW TO HELP KIDS COPE WITH ANGER AND FRUSTRATION" - AMERICAN PSYCHOLOGICAL ASSOCIATION

This article offers guidance for parents and caregivers on managing preschoolers' aggressive behaviors. It emphasizes the importance of helping children articulate their feelings without acting on them and providing consistent consequences to aid in emotional regulation. It also discusses the role of positive reinforcement and setting clear expectations in reducing aggressive behaviors. Overall, it provides practical strategies to foster emotional development and reduce aggression in young children.





YOUTUBE CHANNEL: CALMING PARENTING PODCAST

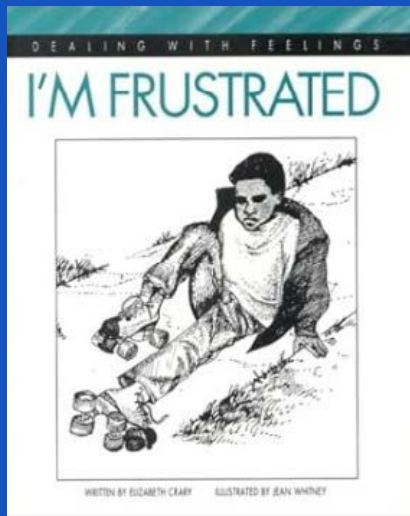
This channel offers practical strategies for parents managing strong-willed children. Hosted by Kirk Martin, the channel provides insights on reducing defiance, minimizing power struggles, and fostering cooperation without resorting to yelling. Content includes actionable scripts, emotional regulation techniques, and advice on maintaining composure during challenging parenting moments. It's a valuable resource for parents seeking effective, calm approaches to discipline and communication.



"HOW TO TEACH FRUSTRATION TOLERANCE TO KIDS" - CHILDRENS HEALTH COUNCIL

This article explains the importance of teaching frustration tolerance to children as a key life skill. It outlines practical strategies parents and educators can use to help kids manage difficult emotions. The article emphasizes fostering patience, resilience, and problem-solving abilities in everyday situations. Ultimately, it highlights how developing frustration tolerance supports children's emotional well-being and long-term success.





"I'M FRUSTRATED (DEALING WITH FEELINGS)" - ELIZABETH CRARY

A young boy shares his feelings of frustration with his mother, who offers guidance to help him recognize and manage those emotions.

