

# Ms. Byrne & Ms. Yoo's Spring Newsletter

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Best way to contact us is via Class Dojo! 😊



## The Child Mind Institute is hosting Spring Caregiver Workshop Series:

**Fostering a Positive Relationship with Your Child** | Monday April 4, 3:45PM - 4:45PM

**Mindful Parenting** | Thursday April 7, 7:00PM - 8:00PM

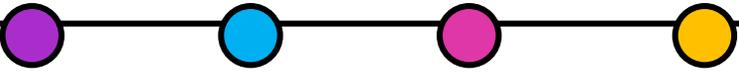
**Building a Foundation for Reading at Home** | Wednesday April 13, 4:30PM - 5:30PM

**Suicide Awareness and Prevention** | Tuesday May 10, 6:00PM - 7:00PM

**Promoting Social-Emotional Wellbeing** | Wednesday May 11, 5:00PM - 6:00PM

**Understanding Mental Health: When to Worry and How to Help** | Tuesday May 24, 4:00PM - 5:00PM

Please use this [link](#) to pre-register for the webinar series!



## Low Frustration Tolerance In Children & 5 Ways To Build Resilience

**What Is Low Frustration Tolerance?** Having a low frustration tolerance (LFT) is an inability to regulate one's emotions when confronted with adversity, loss of control, or blocked goals. Children with low frustration tolerance usually display irritability, emotional outbursts, or temper tantrums when things go wrong. These children often lack emotional regulation. Due to their emotional dysregulation, they are usually misunderstood as strong-willed, spoiled, or entitled.

**Causes** Some babies are frustrated more easily than others due to their innate temperament. Easily frustrated infants tend to be less attentive and more active. They use less effective self-regulation strategies to regulate their emotional reactivity. Frustration is a complex emotional reaction. It is caused by the interaction of multiple brain circuits involved in emotional regulation. Scientists find that some children with LFT have deficits within these neural circuits. LFT children are usually viewed as defiant children or explosive children because they have more tendency to be aggressive, antisocial, and delinquent. They are also more likely to do poorly in school due to more behavioral problems and less social skills.

### **How To Help Children Improve Frustration Tolerance**

**1. Tolerate your child's low frustration tolerance:** it is important that we stay calm and show them how we work through our own frustration. Emotion regulation is not something we are born with. Children learn to build tolerance for frustration through observing adults regulate theirs.

**2. Attune to their frustration:** Attunement means expressing the same emotions as the child through words, facial expressions, and body language, but in a controlled way so that the child can see you understand them. For example, you can frown and say in a slightly stressed tone, "You're so frustrated because you can't open the box." This empathetic gesture is a co-regulation process that is essential in building frustration tolerance in children

**3. Teach problem-solving skills:** Being unable to achieve your goals, coupled with a feeling of helplessness, leads to frustration. A proactive approach to solving problems may reduce frustration for children. Help them find different ways to create a different outcome despite the frustrating situation. Give them examples of times when you or others have similar struggles and overcome them.

**4. Emotional coaching:** To prevent future meltdowns in older children, coach your child in frustration management. Talk to them about their emotions when they are calm. Let them talk about their feelings and listen carefully. Discussing emotions with children rather than dismissing them can help them develop self-regulation

**5. Use warm and responsive parenting:** A warm and responsive parenting style enables children to develop secure attachments to their parents. It helps kids learn how to regulate their emotions. Warmth in parenting is also associated with healthy brain development in children and adolescents.

