

Hitting is My Way of Asking for Help

Wow! I sure get in trouble for scratching, biting, and hitting. People seem to think that I'm a little bully. They get mad at me and treat me like a bad kid. They don't seem to understand what I'm trying to tell them.



What I Want You to Know

I am old enough to know what I want. But I'm not old enough to tell people what I want in words. And I'm not very good at controlling my feelings. So, when I don't get what I want, I might hit, scratch and bite.

I know this is wrong. I want to do better. But it takes a while to learn better ways.

If you see that I am asking for help, maybe you can help me learn those better ways.

Here's How You Can Help Me

You can do a lot to *prevent problems*. It's not a good time for me to play with other children when I am tired and

hungry. I'm more likely to act up when I am playing with children who are not nice to me.

Sometimes I get so upset that I bite them, hit them, or scratch them. They probably don't realize that I'm just trying to say, "Hey! Be nice to me."

When I lose control and hurt someone, it does not help me if you hit me, scratch me, or bite me. That only makes me more upset and confused. I need you to *teach me*.

Help me to calm down. Maybe you could hold me or rock me in a rocking chair. Talk to me quietly and *help me feel safe*.

When I am calm, maybe you could remind me that my hitting, scratching, and biting hurt another child. Help me think of better ways to act when I'm frustrated. Teach me to be kind while you *show me how to be kind*.

As I get older and better able to use words, I am less likely to hit, bite, and scratch. I want to become a kind and caring person.

Thank you for helping me get through the challenges of childhood.