

Effective Ways to Reduce Aggression

General Strategies:

1. Model non-aggressive approaches to problem solving.
2. Limit aggressive models in the at home.
 - a. people, TV/video, toy weapons and real ones
 - b. re-channel group play in which children are pretending to kill one another.
3. Reduce the frustration in children's lives
 - a. pay attention to routines
4. Remain alert to children for whom frustration is building
 - a. teach children various coping strategies ie. Taking a break, self-talk, asking for help.
5. Attend to victims of aggression
6. Set consistent limits on children's aggressive behavior.

Accidental Aggression

7. Point out instances of accidental aggression when it occurs
8. Teach the aggressor to say, "I didn't mean it"
9. Provide information, "look at his face, he's crying, that hurt"
10. Ask the aggressor to make restitution

Expressive Aggression

11. Re-channel children's expressions

Instrumental Aggression

12. Mediate children's conflicts
13. Increase children's instrumental know-how; figure out how to share
14. Praise children when they attempt non-aggressive solutions to problem

Hostile Aggression

15. Make it clear that aggression will not be tolerated ("that is not tolerated in our home")
16. Help children generate responses to the aggression of others
17. Help children learn the language of assertiveness
18. Teach hostile aggressors how to control aggressive impulses (self talk, relaxation, cool downs, tangible rewards)
19. Teach hostile aggressors to more accurately interpret social cues.