



FROM YOUR CFS **Wellness Specialist**



Helping Children Handle Frustration

Most parents are familiar with moments like this: It's after dinner, homework is underway, and from the other room you hear a groan followed by, "This is so hard!" Your child is frustrated...and so are you. While frustration is uncomfortable for everyone involved, it also presents an opportunity to help your child grow important life skills with patience and grace.

1. Don't immediately fix the problem. When children face frustration, parents' instinct may be to jump in and fix the problem right away. While support is important, allowing children space to try solving problems on their own helps build confidence and resilience. Step in when emotions become overwhelming or safety is at risk, but otherwise, encourage your child to attempt a solution first.

2. Model calm behaviors. Your response matters more than you may realize. Children learn emotional regulation by watching the adults around them. When you remain calm - speaking slowly, taking deep breaths, and managing your own reactions - you show your child what it looks like to handle difficult emotions in a healthy way.

3. Understand your child's triggers. It's also helpful to notice patterns in your child's frustration. Do challenges often arise during homework, when waiting, or in social situations? Talk with your child about these triggers after emotions have settled, and work together on a plan for handling them next time.

4. Listen and reflect. Listening is one of the most powerful tools parents have. In moments of frustration, your child may not need advice as much as they need to feel heard. Encourage them to name their feelings, and reflect on emotions later when they're calm and ready to learn.

5. Teach coping skills. Proactively practice strategies like deep breathing, counting to ten, or taking short breaks before frustration escalates. Remind your child of God's faithfulness and the strength He provides in challenging moments.

Parenting a frustrated child isn't easy, but Scripture reminds us to "train up a child in the way he should go" (Proverbs 22:6). By listening well, modeling calm, and guiding your child with patience, you reflect Christ-like love that will shape their hearts for years to come.

For further reading:

[Child Mind Institute: How to help children calm down](#)

[Children's Health Council: How to teach frustration tolerance to kids](#)

[K12 Tutoring: Helping children handle frustration in elementary school](#)

[Story Book: 11 best activities to help children manage frustration](#)
