

Hugs



**Children do better when they
feel better—and so do you.
Hugs help us feel better.**

- 1) When your child is having a tantrum, try asking for a hug.
- 2) If your child says, "No," say, "I need a hug," again.
- 3) If your child still says no, say, "I need a hug; come find me when you are ready." (Then walk away.) You might be surprised at what happens.