

Activity 6: My Plan to Manage Frustration

In this activity, students synthesize what they have learned and create a plan for frustration that they can take home after the lesson ends.

Objectives: Students will be able to do the following:

1. Synthesize what they have learned and apply it to their personal situation.
2. Plan what they can do if a baby or small child in their care cannot be soothed and their frustration is increasing.
3. Plan how they can take care of themselves when frustration is building.
4. Know whom they can call if the stress of being with a crying baby is building and being unable to soothe that baby is causing frustration.

Materials: “My Plan to Manage Frustration” form

Time: 5 minutes

Facilitating
the Activity:

1. Give each student a copy of “My Plan to Manage Frustration.”
2. Allow students about 5 minutes to complete the form.

MY PLAN TO MANAGE FRUSTRATION

When a Baby in My Care Can't Stop Crying

Name _____

1. When a baby or small child in my care cannot stop crying and I have tried changing, feeding, holding, and meeting the baby's other basic needs, I will try the following activities to help soothe her:

- _____
- _____
- _____

2. If the baby in my care cannot be soothed and my frustration is increasing, the baby will be safe if I put him in one of these places . . .

- _____
- _____
- _____

...and I can do a few of the following things for myself:

- _____
- _____
- _____
- _____

3. If I feel I need to talk to someone because of the stress of being with a crying baby, I can call these people:

- _____
- _____
- _____

4. If I need a break from being with the baby I'm caring for, I can call one of these people:

- _____
- _____
- _____