

Comforting a Hurt Child



If a child gets a small bump or bruise, he may quickly forget about it and go back to what he was doing. Or he may be quite upset and need to be comforted by you.

Stay calm but let him cry a bit if he wants to. Children shouldn't be made to feel that it's not okay to cry. He may want to tell you that it hurts. Listen and show that you care about his problem. Encourage him to tell you how it happened. Say, *Yes, I can see it's bleeding a bit. Or, Did you scrape it on that rock?*

Get him involved in the solution. *Let's wash it off now. Will you stick your leg out for me? Or, Hold this plaster for me, will you?*

After you've shown him that you understand the problem and that you care about his feelings, help him to move on. Suggest a favourite book or song. Remind him of what he was doing before the mishap and help him to return it, but only if it's safe.

Try role playing a situation where you are comforting a child who is hurt and crying. If you like, you could record your voice on the computer. Ask your instructor for the sheet **Using Sound Recorder**.