



# Gospel Light®

HOME DISCUSSION GUIDE  
for ages infant-36 months

SUMMER A  
Lesson 9

## Toning Down Extremes

*Everything God created is good.*

1 Timothy 4:4

Have you noticed how an intense child may screech when she's hungry, wail when she's upset, and scream when she's happy—there doesn't seem to be a “quiet” button anywhere on her! Everything is extreme. With such a child, patience is very important, building on every little success as she learns to express herself in ways that won't alienate others! Try these: Play an active game, rather than letting run around without purpose; talk and move slowly to calm her; sing in a low, quiet voice or play slow, soft music while you gently stroke her back and arms, moving to massage those areas with a calming, deeper pressure. Be sure to thank her when she uses an appropriate voice. **God gave you a good voice. I'm glad to hear you talk!**

### Try This:

When my child seems to lose control of how to express his emotions, I need to step in with ways to help him. **Screaming and yelling hurts peoples' ears. Let's try some other ways.** It's powerful for a young child to know the best ways to use his words, smile, or laugh to express his joy—and how to use words to express frustration! If he needs to move, we do the Happy Dance, which is basically jumping up and down in place. (And of course, we can also do the Mad Dance if we need to, jumping and stomping!)