

# Kicking

*It is very difficult for young children to accept that another child may have different needs to them! They can become very frustrated and, unfortunately, kicking often helps them achieve their goal.*



## What are the common difficulties?

- Children hurting other children or staff by kicking them

## Why does kicking occur?

- Children are frustrated and do not know how to deal with their emotions
- Children have learnt that they get what they want if they kick
- Children receive mixed responses at home when they kick
- Children are encouraged to "play fight" at home
- Children have delayed speech and cannot express their needs
- Children find it difficult to share
- Children play regularly with older siblings/relatives who accept being kicked

## How can we help?

- Set up "room rules" where you clearly state (with photos/pictures) that children are expected to have kind feet
- Give all children specific praise when they are being kind
- Carry out observations to find out when the incidents of kicking occur and if there is a trigger
- Speak sensitively to parents about your concerns and ask for their advice
- Make sure that staff give the child the words they need. Eg. "You need to say - my turn please"
- Agree a strategy with parents, write a Play Plan if necessary
- Set up lots of activities (particularly outdoors ) for children to kick balls or boxes

