

EMERGENCY GUIDE FOR WAITING ROOMS

Tips to help waiting become a better moment

Stop
Enfance
sans violences **VEO**



Why is waiting so difficult for your child?



Is your child impatient, crying, and constantly asking for your attention?

A child has a different **concept of time** than an adult. This concept is learned **in stages**. The patience involved in this learning process is more complex the younger your child is.



If necessary, use a watch or clock, telling your child that it will be your turn when the hands are positioned in a certain way.

Create a bubble around yourself and try to ignore the gaze of others and any disapproving looks or derogatory remarks so as not to add anxiety and stress to the situation. **It is normal for your child to be unable to sit still and not to talk.** Threatening to punish him or put him in the corner will not help and will make the wait even more stressful.

What is an OEV?

OEV (Ordinary Educational Violence - VEO in French) is physical, psychological and/or verbal violence described as « educational » because it is used to educate and make the child obey and “ordinary” because it is often daily and considered normal.

In France, according to the law of July 19th 2019:

“Parental authority shall be exercised without physical or psychological violences.”

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For more information: www.stopveo.org

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Tips and tricks

Prevention: to avoid a crisis, think about “needs”

<i>Needs</i>	<i>Answers</i>
Eat-drink	Remember to take something to eat or drink to satisfy this need if your child is hungry or thirsty
Move	It will be difficult to ask your child to sit still in a chair. You can let him move around, with your guidance. You can leave the waiting room if necessary.
Play	in order to focus your child's attention on an activity and make the wait more enjoyable consider bringing books or a game/toy that he likes. Don't panic, if you don't have any, use the magazines that are often available in waiting rooms. You can ask your child to look for an object (a watch, a dress, a car,...) or an animal in the magazine and if he finds it: he wins.
Communicate	It is usual for adults in a waiting room not to speak or to whisper. However, your child does not yet have this ability and needs to talk to you, to express himself and sometimes to do so out loud. This is completely NORMAL.



A child is unable to manage his emotions, this requires neural connections that begin to be put in place around the age of 5-6 years old.

Therefore, the younger a child is, the more difficult, if not impossible, it is for him to verbalise his needs or emotions on his own.

Have confidence in yourself and know that every situation in which you calmly accompany him is a big step for his development and the quality of your relationship in the long term.

