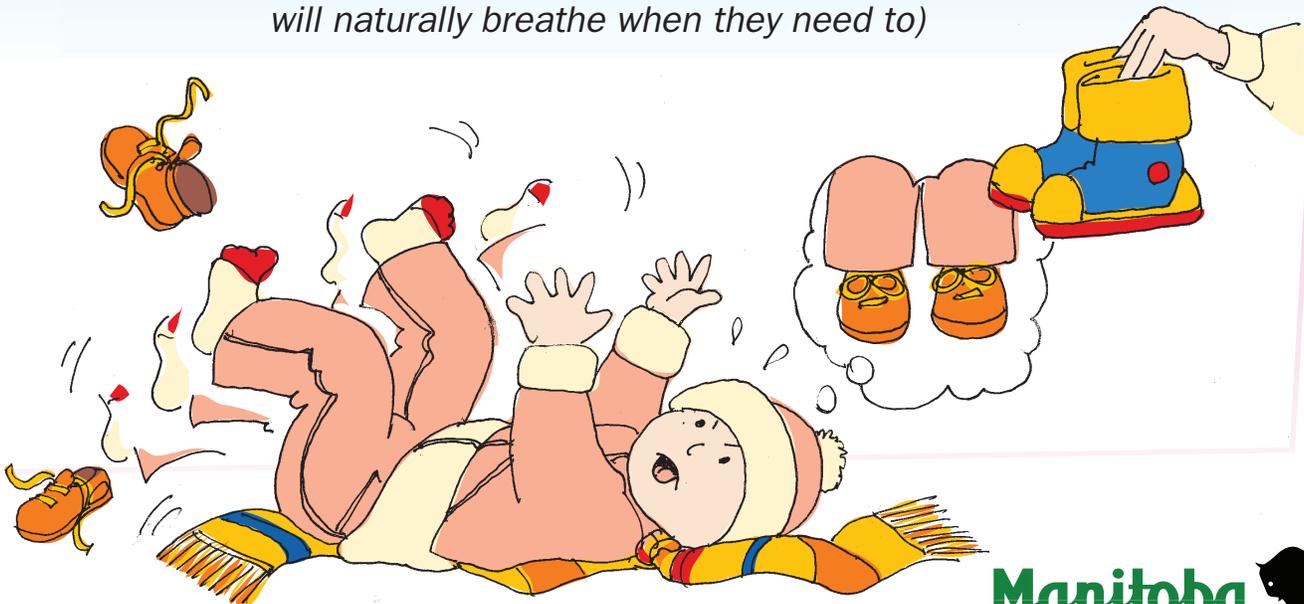


TEMPER TANTRUMS

Temper tantrums are a common part of a child's development. Tantrums are most common between two and four years of age. They can be as short as 20 seconds or go on for hours.

During a tantrum, a child may...

- run around screaming and yelling
- bang her head
- pound his fists
- kick and bite
- cry
- roll around on the floor
- hold her breath (*don't worry if this happens, children will naturally breathe when they need to*)



What causes temper tantrums?

Tantrums are your child's way of showing anger and frustration. Temper tantrums often happen when your child...

- is not able to do something he wants to do
- is asked to do something she does not want to do
- needs to get rid of anger and tension
- is over-tired, excited or hungry
- is unable to manage a difficult task
- does not know the words to say
- has learned that from past experience a tantrum may be rewarded
- wants your attention

When going out:

Make your outings interesting for your child and involve her in the activity.

- Don't go out when your child is tired.
- Bring a snack.
- Talk to your child while you shop and run errands.
- Let your child participate in what you are doing.



How do I prevent tantrums?

- Help your child to recognize his emotions and understand how he is feeling.
- Learn your child's patterns and know what situations may start tantrums.
- Be involved and pay attention to your child's needs. Follow and encourage your child as she explores.
- Provide opportunities for your child to play with toys "right for his age."
- Put away things that you don't want your child to touch.
- Have only necessary and realistic rules that keep your child safe. Remember that children may know the rules today but may forget them tomorrow.
- Keep to your child's routine for meals and sleep times.
- Let your child know what to expect throughout the day.
- Teach your child how to release her feelings by using words and telling you how she feels, or by using energy in a productive way.
- Don't give a child a choice when there is no choice. For example, say, "It's bedtime" instead of "Do you want to go to bed now?"
- Do not have tantrums of your own.
- Watch and praise your child when he behaves in a way that you want him to continue.



What do I do if my child has a temper tantrum?

- Ignore the tantrum.
- Stay calm – don't try to argue or "talk sense" to your child.
- Don't give in to your child.
- Keep your child from getting hurt, harming others or breaking things.
- As soon as your child is quiet or behaving well, praise him.

For older toddlers:

- Stop what you are doing and move close to your child.
- Calmly tell your child what to stop doing and what to do instead.

If the tantrum doesn't stop:

- Move your child into a time-out and explain why.
- Take your child away from the situation and to an uninteresting but safe space.
- Tell your child she must be quiet for one minute.
- Take your child out of time-out once he has been quiet for one minute.

After a tantrum:

- Stay calm and loving.
- Remove what was causing the tantrum.
- Give your child something quiet and easy to do.
- Praise your child for behaving well.

