



Temper Tantrums

Know how to prevent and
manage temper tantrums.














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What is a temper tantrum?

Temper tantrums are how a young child expresses strong emotions. Young children are not very good at using their words to express their needs and frustrations. It is not their fault. They need more time for their brains to develop.

How to prevent temper tantrums:

-  Be Consistent: Try to have a daily routine and schedule for waking in the morning, naptime, bath time, bedtime, meals, and playtime.
-  Have age-appropriate toys available.
-  Allow your children to make choices and decisions as much as possible. For example, ask: "Do you want to wear the red or blue shirt?"
-  Say "yes." Do not ignore your children's verbal or non-verbal communications. If their request is reasonable and safe, say "yes."
-  Try not to say "no" to everything.
-  Praise good behavior. Offer extra attention when your child behaves well. Give your child a hug.
-  Be a good example of dealing with stress by not arguing or yelling with others in front your children when out of the home grocery shopping or doing errands.
-  Try to avoid activities near naptime, mealtime, or bedtime. Tired and hungry children are more likely to have temper tantrums.
-  Carry snacks such as fruit or crackers when away from home.
-  Carry small toys and books to amuse your children.
-  Make the trip as short as possible.

Don't Forget!

-  Temper tantrums are normal. Every child has them.
-  It is not your fault.
-  It is not your child's fault.

How to manage temper tantrums

1. Remain Calm/Keep Your Cool
 - ✓ Take at least five deep slow breaths
 - ✓ Notice where in your body you are carrying tension and anger. Are you clenching your fist, tightening your jaw, heating up? Relax the part of your body that is carrying the tension
 - ✓ Wait a few seconds before you talk to your child (Count to 10)
 - ✓ Tell yourself a few calming words: "This will pass." "She can't help it"
2. Distract your child with something else, like a toy or book
3. Make sure your child is safe
4. If it is safe to do so, you might want to ignore your child until they are calmer



DO NOT yell



NEVER hit or spank your child

Teach your child how to cool down

- ✓ If your child cannot calm down, take them to a quiet place
- ✓ Use a few gentle but firm words to calm your child. Remind them that they are not in trouble. You might say: "I love you and I am not going to give you what you want right now." "It's going to be okay"
- ✓ Teach your child how to take 5 deep breaths
- ✓ If safe, allow your child to "cool down" by themselves for a short period of time: 1 minute for each year of age (e.g., a 2-year old can cool down alone for 2 minutes)

When should parents seek professional help for temper tantrums?

- ✓ Your child has frequent tantrums
- ✓ Tantrums continue or get worse after your child is 3½ years old
- ✓ Your child harms themselves or others during tantrums
- ✓ You child is often aggressive between tantrums

Share your concerns with your child's doctor. Your child's doctor may send your child to a child psychologist. Early intervention can prevent future behavioral problems and help your child succeed both at home and in school.