

TAMING TANTRUMS



A PARENTS' GUIDE



WHY DO TANTRUMS HAPPEN?

Communication Gap: Young children can't always express themselves clearly, leading to frustration and tantrums.

Power Struggle: Toddlers crave control, and tantrums can be a way to fight limitations.

Attention Grabber: If tantrums get a reaction, even negative, they may be repeated.

Sensory Overload: Feeling overwhelmed by hunger, tiredness, or too much stimulation can trigger tantrums.

4 KEY STRATEGIES

STAY COOL & VALIDATE

It's crucial to stay calm during a tantrum. Remember, your child mirrors your emotions. Take a deep breath and avoid yelling. Instead, validate their feelings with simple phrases like "I see you're upset" or "It sounds like you're frustrated." This shows you understand their struggle.

CLEAR LIMITS & EMPOWERING CHOICES

Establish clear expectations for behavior beforehand. When a tantrum brews, offer choices to give them a sense of control. For example, during a clothing struggle, ask, "Do you want to wear the red or blue shirt?" This small power shift can sometimes defuse the situation.

DISTRACTION OR SAFE IGNORING

Sometimes, distraction can work wonders. If a tantrum seems imminent, offer a new activity or suggest singing a song together. In safe situations, you can also try ignoring the tantrum. Don't give them attention for the negative behavior, but be ready to intervene if they get hurt.

CLEAR LIMITS & EMPOWERING CHOICES

Not every situation demands a fight. Choose your battles wisely and let go of minor things to avoid unnecessary meltdowns. Remember, dealing with tantrums can be draining. Take time for self-care activities like exercise or relaxation to maintain your patience and emotional well-being.