

Tantrums

T

TEMPER TANTRUMS are not under a child's control. Never punish, spank or threaten a child experiencing the frightening energy of temper tantrums.

A

ACCEPT the fact that tantrums are common for most young children. Tantrums are not a reflection of you.

N

NORMAL behavior for toddlers and preschoolers. They have very few words to express their feelings and very short attention spans. They live in the "here and now" and have a hard time waiting.

T

TIRED, hungry, teething children, and those put in adult environments, are more likely to lose control and throw a temper tantrum.

R

RELEASE of frustration (not hostility) is usually the cause of temper tantrums. Helplessness and stress are powerful emotions. Children need a way to express themselves.

U

YOU stay calm no matter how upset the child becomes. Show the child ways to handle frustration through your own calm actions.

M

MOVE an upset toddler or preschooler to a quiet, calm place and stay within sight until they calm down. It is sometimes helpful to reassure the child gently or hold her calmly until the child quiets.

S

SAY what you think a child may be feeling. Put into words what the child can't, such as:

- "I know you don't want to leave now."
- "You sound very angry."
- "I know you want this know..."
- "It looks like you are feeling sad..."

ADULT RESOURCES:

- *Touchpoints* by Barry T. Brazelton
- *The Baby Book* by Penelope Leach
- *Bright Toddler*