



Temper tantrums


Temper tantrums are a normal part of child development

Coping with temper tantrums is one of the most challenging aspects of parenting toddlers and pre-school children. Temper tantrums occur because young children have not yet developed the emotional or physical maturity to handle verbally or express anger and frustration. Tantrums are a normal part of child development, and most children will have at least one at some point.

By understanding why your child is frustrated and not overreacting, you can help him or her through the tantrum and teach the child more appropriate ways to handle the intense feelings toddlers experience. No matter what the situation, it is important not to give in to your child's temper tantrums. How you handle temper tantrums will impact how your child deals with problems in the future.

What parents can do

- Stay calm. When you are in control of your emotions, you can help your child control his or her emotions. Children learn by example. If you remain calm, your child is more likely to settle down.
- Stick to a routine with your child. It is important that eating and napping schedules are consistent. Doing this will reduce the likelihood that your child has a temper tantrum because he or she is hungry or tired.
- Before taking your child to a public place, talk to the child about how you expect him or her to behave.
- Anticipate tantrums in public places and don't overreact or bribe your child to stop the tantrum. Although strangers may look, many people have gone through the same experience and know that a child's temper tantrum does not mean that you are a bad parent.
- Look for signals that your child is getting angry and distract him or her by suggesting a new activity.
- Ignore inappropriate behaviors and teach your child that a tantrum is not a way to get your attention. Do not give in to the tantrum. When parents give in, children learn to use temper tantrums to get their way.
- Teach your child alternatives to temper tantrums and better ways to handle anger. Help your child verbalize why he or she is upset and give your child suggestions for what he or she can do instead of having a tantrum. Positive reinforcement works better than punishment when it comes to teaching your child alternatives to managing temper tantrums.



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