



Taming Temper Tantrums

By Judy Arnall

Why do they occur?

Typical from ages 1- 3.5 years or when child is old enough to be sufficiently verbal.

Occurs when child has a desire but can't understand their physical, mental, emotional or social limitations. Child can't verbalize feelings of anger and frustration, and express feelings by screaming, crying, and body language.

2 TYPES

SPILL OVER TANTRUMS

Prevention: Food, rest, stimulation, or sleep when needed. Watch for and prevent triggers. Change activity. Try and meet needs as soon as possible.

Handling: Stay with your child. Use soft firm voice. Encourage deep breaths.

After: Wait for calm after storm. Again, try and meet needs for rest, food, etc. as soon as possible. Label child's emotions and give her the words to use so she develops a Feeling Vocabulary.

POWER STRUGGLE TANTRUMS

Prevention: Give lots of choices. Acknowledge feelings of unhappiness. Pick your battles wisely.

Handling: Ignore behaviour if the child is safe. Use soft firm voice. Do not give in to child's desire.

After: Wait for calm after storm. Acknowledge feelings with feeling words so she develops a Feeling Vocabulary. Carry on with scheduled activity.

General Tips

Realize it is a normal behaviour – don't be embarrassed.

Older kids are not immune.

Make surroundings safe.

Avoid showing anger to the child's anger, which can escalate intensity of the situation. Stay calm.

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