



Tips for Tantrums

1 Take a Pause

Whenever your child's behavior makes you feel angry or upset, take a moment to **pause** before you react. Try taking **three deep breaths** or **counting to ten**. Often times, our brains react before we think. By showing your child that you can thoughtfully respond instead of fly off the handle, you are teaching them how they can respond in the future. The best way of teaching self-control to your children is to practice it yourself.

For example: Your child is throwing a tantrum. Although you feel frustrated, you take a deep breath and pause before you react. Then you say, "I see you're upset."

2 Connect with Your Child

Big feelings can shut down your child's ability to hear you, so it's not the time for lots of talking. When they are upset, they need support from you to help their body and their brain calm down. Start by being calm and letting your child know you are there.

For example: Your child is upset. You can give them their favorite stuffed animal or a hug and let them know you are there to help.

3 Name the Feeling

Young children may not understand why they are having a tantrum, and may feel as out of control as they look. Help your child understand their emotions by saying what they are feeling out loud. Naming emotions can help both you and your child recognize and understand their feelings.

For example:

"I know it makes you feel sad when you can't have a toy."

4 Redirect

Children under the age of 2 can usually be distracted when they are upset. Start by expressing you understand and then introduce a replacement to help them recover.

For example: If your child cries because you took away the remote control, you can say, "I'm sorry, I know you want that, but it isn't a toy. You can have this rattle to shake instead."