

Temper tantrums are perhaps one of the most exasperating problem behaviors for parents/caregivers. Here are some suggestions on how to deal with temper tantrums:

1. Stay calm, show understanding and patience, but be firm and consistent.
2. Tantrums are a sign of frustration and anger.
3. Children under three need help working their way out of a tantrum through patience and understanding.
4. Older children usually try to use a tantrum to get what they want. They need to know that there are other ways to have their needs met and their desires fulfilled.



How to handle temper tantrums:

1. Temper tantrums often come from the child's inability to control things around them or to do the things that they want to do. During those times, the child needs to know that you love and understand them.
2. Temper tantrums are quite common among children under three years old. Usually picking up the child and holding or rocking them will help the tantrum subside.
3. When you see frustration building in a child, use redirection to distract him from the problem – suggest a new activity, snack, walk, etc. to divert their attention away from the situation.
4. When a child has a tantrum in a public place – keep your cool. Calmly and quickly finish what you have to do and go home without admonishing the child in public. You are not alone. Every parent has experienced a public temper tantrum.
5. When an older child (over three) uses tantrums as a form of control, ignore them. Do not give the child what they want or show that the tantrum upsets you. Tell them “when you're finished and can use a normal voice, we will talk about the situation.”
6. If confining the child is also difficult, confine YOURSELF. Quietly walk into your bedroom or bathroom and say “I'll come out when you are finished.” The child will usually sit right by the door, hopefully calming down, until you reappear.
7. Teach the child to express their anger and frustration in an acceptable way. Explain to them that talking is better than angry actions. “Use words to tell me what you want.” Some children like to talk things out– others like to be left alone to “cool down.” Both ways are normal.