



10 Tips to Deal with Tantrums

Develop a Strategy

Have a clear plan for how you will handle a tantrum for a range of situations, ie; at home, out shopping, playing at friend's houses. If a tantrum then occurs, remember to focus on your plan rather than the tantrum. This will help to keep you calm and in control.

Remind the Child of What Happened Last Time They Misbehaved

If your child is old enough to understand, you can remind them of past experiences and the consequences of misbehaving.

Distract Your Child

Refocus their attention by calmly offering something else to do, see, eat or play with.

Big Tantrums Often Develop From Little Tantrums

The faster you can intervene or distract your child from a tantrum the better.

Acknowledge Their Feelings

This aligns you with them and sets the stage for him/her to begin to work through his own problems. For example, setting up a chart for positive behaviour they need to work towards helps your child to focus on a positive goal.

When a Preschool Child Throws a Tantrum

Stay within the child's sight but carry on normal activities without talking to him or acknowledging the tantrum.

Start a Clean Slate

Once a tantrum is over, the child is entitled to start over with a clean slate. Comfort may be given, but any original demands the child had should not be fulfilled. Otherwise, tantrums will become a way of life.

Stay Strong

If a tantrum does happen you need to be strong. If you are out shopping, for example, leave the shopping basket where it is and take your child out to the car or somewhere quiet until the tantrum is over. They need to see they can't hold you hostage to a situation.

Keep a Diary

For a few days - when the tantrums happen - note what time of day, what you are doing and what your child is doing, when it happens. If it always happens around dinner, try letting your child have her dinner earlier, giving her a bath before dinner, letting her help you prepare the meal, or having some special time with her at this time of day.