



## Dealing with Temper Tantrums

What are Temper Tantrums?

- Violent outbursts of anger manifested by screaming, breaking things, rolling on the floor, whining, holding breath, kicking or hitting.
- Starts in children as young as 18 months.
- Common in children from ages 2 to 4 years old.

Reasons why child exhibits temper tantrums

- Angry, frustrated because unable to get what he wants
- Wants to get what he wants
- Wants to gain attention
- Learns behavior from impatient, quick-tempered parents
- Is tired, hungry or easily irritable

How to prevent tantrums

- Meet child's physical needs
- Be an example in handling your own anger (Lord, change me so that my child will change!)
- Avoid excessive demands or restrictions
- Encourage verbalization of feelings correctly
- Give adequate attention
- Catch your child doing good

What to do when tantrums begin

- Be calm and ignore the tantrum.
- Put child in time-out area.
- In public place, take child home or to a place where he will receive little attention.
- Physically restrain child if needed
- Introduce reward system for every 2 hours of non-tantrums
- Teach verbalization of anger.

What not to do

- Try to reason or explain why he cannot have his way. Child is not receptive at this time.
- Punish, criticize, threaten, shame or shout. You are getting yourself into a power struggle and teaching a negative way to resolve problems.