



temper tantrum

Temper tantrums are a normal part of a child's development and are most common between the ages of two and four.

Some examples of temper tantrums are:

- Screaming/Yelling
- Hitting
- Throwing items
- Throwing self on floor
- Kicking
- Wetting themselves
- Crying

When your child is having a temper tantrum:

- Stay calm
- Ignore behaviours that are not harmful to the child or others
- Comfort your child when they calm down
- Wait until your child is calm before talking

After a temper tantrum:

- Talk about the situation, including emotions (for example: "You looked upset, can you tell me why?")
- Follow through with what you want your child to do or not do

Plan ahead to avoid known temper tantrum triggers:

- Prepare your child for changes in routine or for unexpected situations
- Prevent situations that cause children to be overtired, hungry or overwhelmed
- Watch for early warning signs (for example: child begins to fuss)
- Make changes to your own routine
- Don't give your child a choice when there is no choice

It is important to know that temper tantrums are one way your child can communicate their feelings of frustration and anger.

Be consistent in your approach to supporting your child through a temper tantrum.