



Building Blocks to Brighter Futures

Resources to Help Make Sure All Our Kids are "AOK"

Dealing With Temper Tantrums

What You Can Do

It is often easier to prevent tantrums than to deal with them once they get going. Try these tips:

- Direct your child's attention to something else. ("Wow, look at that fire engine!")
- Give your child a choice in small matters. ("Do you want to eat peas or carrots?")
- Stick to a daily routine that balances fun activities with enough rest and healthy food.
- Anticipate when your child will be disappointed. ("We are going to buy groceries for dinner. We won't be buying cookies, but you can help me pick out some fruit for later.")
- Praise your child when he or she shows self-control and expresses feelings with words.

If you cannot prevent the tantrum, here are some tips for dealing with it:

- Say what you expect from your child and have confidence that your child will behave.
- Remain calm. You are a role model for your child.
- Holding your child during a tantrum may help a younger child feel more secure and calm down more quickly.
- Take your child to a quiet place where he or she can calm down safely. Speak softly or play soft music.
- Some children throw tantrums to seek attention. Try ignoring the tantrum, but pay attention to your child after he or she calms down.
- Resist overreacting to tantrums, and try to keep your sense of humor.

When your child is having a floor-thumping tantrum, the most important thing you can do is remain calm and wait it out. Do not let your child's behavior cause you to lose control, too.

This tip sheet was created with input from experts in national organizations that work to protect children and promote healthy families. To download this tip sheet or for more parenting tips, go to www.childwelfare.gov/preventing/promoting/parenting or call 800.394.3366.

Promoting Healthy Families in Your Community



www.childwelfare.gov/preventing

For more information, please visit the Kane County Health Department's website at kanehealth.com/aok.htm or call 630-208-3801





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Understanding Toddler Behavior and Temper Tantrums



Normal toddler behavior:

- **Love to say “no!” and “mine!” and “do it myself!”**
 - Toddlers are becoming independent and developing wants and needs.
- **Test rules again and again.**
 - Toddlers want to see how parents react.
- **Like to “help” mom and dad**
 - This is how toddlers imitate and learn actions and behaviors.
- **Are not ready to share**
 - Toddlers are not able to understand the meaning and reason for sharing until around age 4.
- **Need a lot of stimulation and activities/play time.**
 - This gives the toddler a chance to experience new things and develop their skills.

Distributed by: