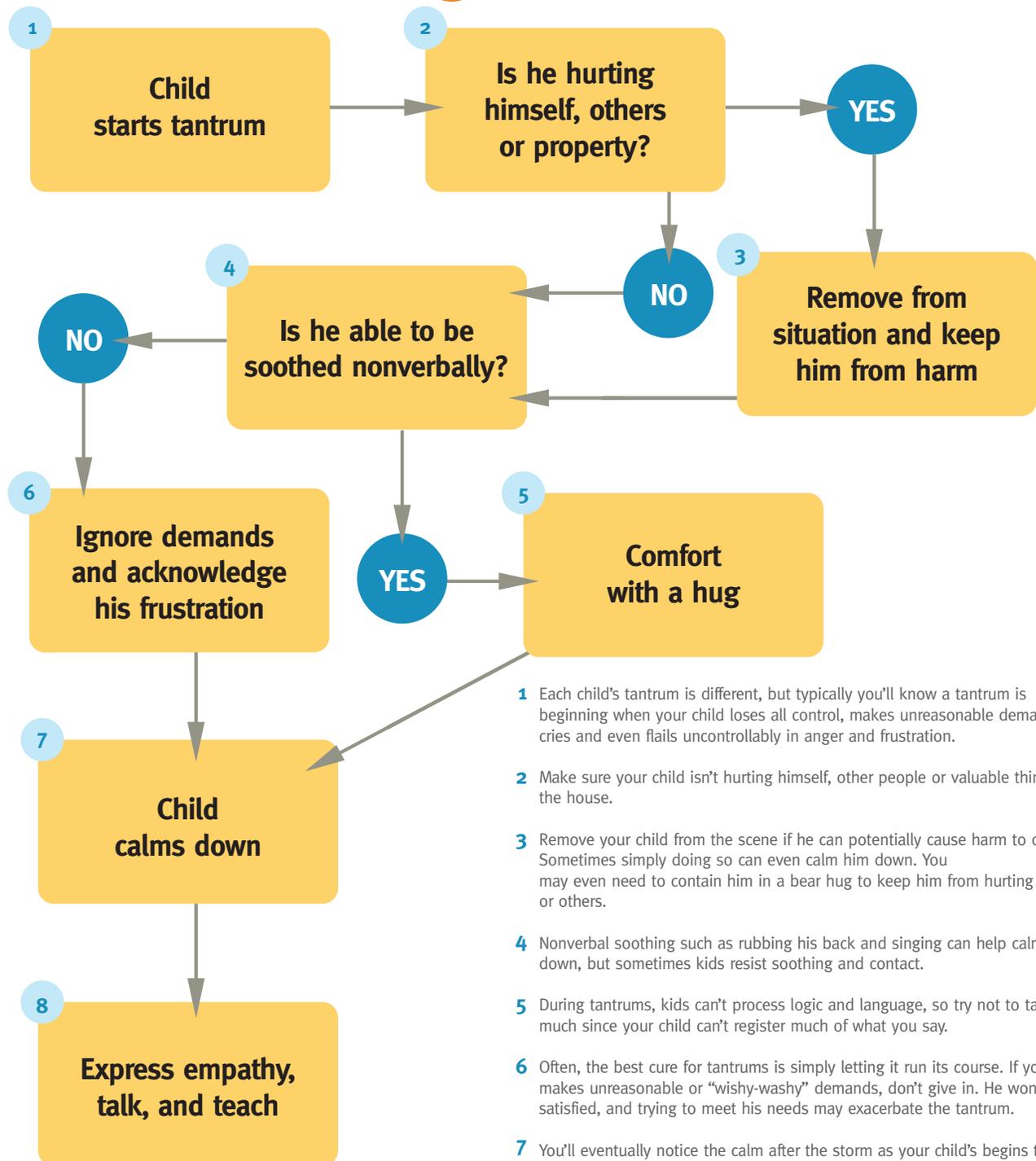


A QUICK GUIDE TO Handling Tantrums



- 1 Each child's tantrum is different, but typically you'll know a tantrum is beginning when your child loses all control, makes unreasonable demands, cries and even flails uncontrollably in anger and frustration.
- 2 Make sure your child isn't hurting himself, other people or valuable things in the house.
- 3 Remove your child from the scene if he can potentially cause harm to others. Sometimes simply doing so can even calm him down. You may even need to contain him in a bear hug to keep him from hurting himself or others.
- 4 Nonverbal soothing such as rubbing his back and singing can help calm him down, but sometimes kids resist soothing and contact.
- 5 During tantrums, kids can't process logic and language, so try not to talk too much since your child can't register much of what you say.
- 6 Often, the best cure for tantrums is simply letting it run its course. If your child makes unreasonable or "wishy-washy" demands, don't give in. He won't be satisfied, and trying to meet his needs may exacerbate the tantrum.
- 7 You'll eventually notice the calm after the storm as your child's begins to die down. Don't jump in too quick just yet—provide plenty of time for him to quiet down and "make the first move."
- 8 Express empathy by honoring the impulse ("Looks like you were trying to see what would happen if you pulled the cord.") and describing the emotions he feels ("Seems like you got mad when we told you to stop.") Simply holding him and chatting can be all that he needs for now. Only when he's able to think logically will you be able to teach ("We don't pull the cord because it's dangerous. Let's try to find something else you can pull.").