

Managing Temper Tantrums



Self-Control

How Will Managing Temper Tantrums Help My Child?

Your child will learn to accept being told “no” and move on. As your child learns temper tantrums don’t work, he will slowly stop throwing them.

What Can I Do?

1. **When your child is having a tantrum, do not give in to what he wants. Every time you give in to a tantrum, your child learns that he can get what he wants by screaming, crying, kicking, and embarrassing you.**
2. **When a tantrum has started, think about what might work for your child. Different things work for different children at different times. Some suggestions:**

- Walk Away
- Remove him from a public setting
- Talk calmly
- Send him to a private, safe place
- Ignore it
- Distract him
- Pick him up

Tantrums can become violent. Remember to continue to supervise your child’s safety. Some children may need help calming down.

3. **As soon as your child stops the tantrum, welcome him back to normal activities.**

Example, say: *“I’m glad to see you back. It can be frustrating not to get what you want.”*

Notes & Tips for my child...

Rewards for Life!

Kids who use words to express their feelings and can think of what else to do when they don’t get their way can handle life’s challenges as they grow older.

These are general guidelines, not medical advice, for children ages 3 years and older. Consult a physician or mental health professional for specific problems or concerns about an individual child.

For more ideas and resources to help develop children’s social-emotional skills and healthy decision-making visit AcornDreams.com, a service of Wingspan, LLC.

