



What you can do?

Try to stay calm to make things worse. If you can't stay calm, leave the room. Wait a minute or two, or until her crying stops, before returning.

Distract your child. Try a new game, book, or toy. Sometimes something as simple as changing locations can prevent a tantrum.

Give your child a time-out. Take your child away from the problem and give her time alone to calm down. A good rule of thumb for a time-out is 1 minute of time-out for every year of your child's age. For example, a 4-year-old would get a 4-minute time-out. Don't use time-out too much or it won't work.

Ignore minor displays of anger such as crying, screaming, or kicking.

Try touching or holding your child to calm her. Or try standing nearby without talking until she calms down. If your child is having a tantrum in a public place, take her home or to the car.

Breath-holding spells- Some children, when upset and crying very hard, "forget" to breathe, and hold their breath until they pass out. It is not done on purpose, rest assured that they are usually harmless.

What not to do?

Never punish your child for temper tantrums. She may start to keep her anger or frustration inside, which can be unhealthy.

Do not give in to your child just to stop a tantrum.

Also, don't feel guilty about saying no to your child. Set the rules and stick with them. When parents change the rules, it is harder for children to understand which rules are firm and which ones are not.

Keeping your child safe

Many times you will have to tell your child no to protect her from harm or injury. For example, the kitchen and bathroom can be dangerous places for your child. She may not understand why you will not let her play there. This can cause a tantrum. However, it's more important to keep your child safe.



Temper Tantrums

Reconnect

Dr. Ashima Srivastava

M.Phil.(Clinical Psychology);
PhD (Child Mental Health); Certified in treating neurodevelopment disorders by Mind Institute, Univ. of California, USA.

[Neuropsychiatry and Child Guidance Clinic]



RECONNECT

Reconnect

[D-148, Surajmal Vihar
Near Yamuna Sports
Complex Gate No. 1
New Delhi]

Phone: [PH: 011-43027216]

Email:

[drashimareconnect@hotmail.com]



I KNOW I SHOULDN'T THROW TEMPER TANTRUMS, BUT IT'S THE ONLY WAY I KNOW TO GET WHAT I WANT.

Why do children have temper tantrums?

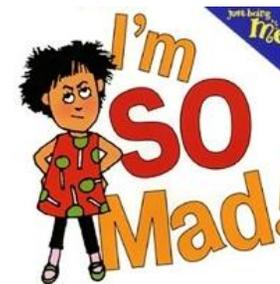
- > Not understand what you are saying/asking
- > Be upset when others cannot understand
- > Not know how to tell you how she feels or what she needs
- > Not know how to solve problems on her own
- > Have an illness/problem that keeps her from expressing how she feels
- > Be hungry/ be tired
- > Be anxious or uncomfortable
- > Be reacting to stress or changes at home
- > Be jealous, or want the attention
- > Not be able to do as much as she thinks she can.

While tantrums are not always easy to deal with, a loving and understanding approach will help you and your child get through them.

"Some behaviors are not ok and should not be ignored like- hitting/ kicking people, throwing things that might hurt someone or break something and screaming or yelling for a long time." If these things happen- Say firmly, "No hitting", "No throwing" to make sure your child knows these behaviors are not OK.

What to do when temper tantrums are serious?

Your child should have fewer temper tantrums by age 3½. Between tantrums, he should seem normal and healthy. If the outbursts are severe or happen too often, they may be an early sign of emotional problems. Talk with clinical psychologist if your child seems to have difficulty expressing himself with words (compared with other children the same age), causes harm to himself or others, or holds his breath and faints, or if tantrums get worse after age 4.



How to prevent temper tantrums?

- > Encourage your child to use words to tell you how he is feeling. Try to suggest words he can use to describe his feelings.
- > Set reasonable limits and don't expect your child to be perfect.
- > Keep to a daily routine as much as possible to ensure consistency.
- > Avoid situations that frustrate your child, like playing with toys that are too advanced.
- > Avoid long outings where your child has to sit still or cannot play. If you have to take a trip, bring along a favorite book/toy.
- > Have healthy snacks ready for when your child gets hungry.
- > Make sure your child is well rested.
- > Be choosy about saying no. When you say no to everything, it can frustrate your child.
- > Consider saying yes sometimes.
- > Praise your child when he does something good that otherwise might have led to frustration.
- > Give choices. For example, make it clear that while he has to take a bath, he can make some choices on his own.
- > Set a good example. Avoid arguing or yelling in front of your child.