



# Taming Tantrums: Plan Ahead to Guide Your Child

## Key Takeaways:

1. Young children's tantrums are like thunderstorms. There are many triggers so be prepared to offer extra support when a tantrum gets started.
2. Head off the tantrum by talking calmly with your child. Get down to eye-level, empathize, and offer an acceptable choice.
3. Manage a tantrum by offering the acceptable choice. Stay calm and do not negotiate.
4. If needed, move to the quiet space you have created for your child. Stay nearby and invite calming breaths together.
5. After the storm, praise your child for calming. Talk with them using short phrases and wait for a response before saying more.
6. Offer emotional guidance. Do not review the tantrum or ask why it happened.
7. Build your child's resilience by engaging them in conversations, book-reading, and problem-solving. These activities help build attention and self-control skills.
8. Build routines to promote cooperation. Including songs and rhymes to signal the routine can be fun, showing your child how to do it using "your turn-my turn."
9. Avoid punishments for misbehavior. Reward with praise and your positive attention when your child puts in effort and cooperates.



## More things you can do throughout the day to promote attention and self-control:

- Sensory play and exploration – create an independent play space, a “yes” space in your home. Watch our class – Working from Home: How Can I Help My Child Play More on Their Own?
- Pretend play – join in, ask your child for a role, use puppets, dolls, or stuffed animals to recreate a fun event or talk about recent challenging moments.
- Self-regulation activities like Freeze Dance, Statues, or Simon Says.
- Limit screen time – none before 18 months. No more than 60 minutes for toddlers and preschoolers. Create a routine about how often and for how long.

