

# What to Do and Say



- ◆ Watch for warning signs such as irritability, whining and easily frustrated.
- ◆ Stay CALM. Reflect their feelings.
- ◆ Know your child's limits and act quickly to distract or redirect the child to a new activity.
- ◆ Use a sense of humor.
- ◆ Give the child choices to help child have control over a few things.
- ◆ If a tantrum is beginning, remove child to a quiet place.
- ◆ Seek understanding and help child express feelings with words.
- ◆ Have consistent routines and predictable schedules. Keep things simple!
- ◆ Stay close— hug or hold the child to provide a feeling of safety and security.
- ◆ During a tantrum, reassure and comfort the child with soft, calm words.



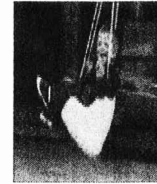
Think about what happened.

*When do temper tantrums occur?*

Create a list for each of the following:

**Child behaves best when.....**

- I'm attentive
- He is well-fed
- She is well-rested
- He is busy playing



**Child struggles with behavior when....**

- I'm busy and child wants attention
- Too much noise
- She is hungry or tired
- He is bored
- We go shopping in the afternoon

**As you create your own list, you can identify when a child is more likely to behave best and when the child will have struggles.**

**Sources:**

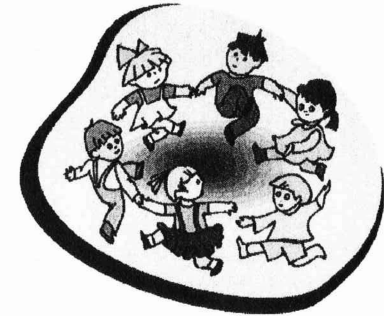
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# Giving R Best 2 Kids: Development & Behavior



## Temper Tantrums

- Causes of Temper Tantrums
- What To Do and Say
- Prevention Ideas

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