



Dealing with Tantrums

Temper tantrums are common between the ages of two and three, because toddlers are learning independence and developing their own wants, needs, and ideas, but they are not yet able to express their feelings and frustrations through words. Here are a few ways to prevent tantrums and deal with them.

- Direct your child's attention to something else. – “Look at the fire engine!”
- Give your child a choice. – “do you want carrots or peas?”
- Stick to a routine with regular meals, naps, and playtime.
- Praise your child when they show self-control.
- Remain calm; you are a role model for your child.
- Ignore the tantrum, but bring your attention back to your child as soon as they begin behaving again.
- Anticipate disappointments. – “We're going to the store, but we are not buying cookies. Instead, would you help me pick out some fruit a special sauce for the spaghetti?”

