



Coping with Tantrums

Dealing with tantrums can be very draining and stressful. You might feel you need to step in to end a tantrum right away. But if your child is safe, it can help to take a breather while you decide how to respond. Here are ideas for staying calm and keeping things in perspective:

- Accept that you can't control your child's emotions or behavior directly. You can only keep your child safe and guide their behavior.
- Accept that it takes time for change to happen. Your child has a lot of growing up to do before tantrums are gone forever. Developing and practicing self-regulation skills is a life-long task.
- Don't think that your child is doing it on purpose or is trying to upset you. Children don't have tantrums deliberately. They don't have the skills to cope with the situation or express their feelings the way adults do.
- Keep your sense of humor. But don't laugh at the tantrum; if you do, it might reward your child with attention. It might also upset your child even more if they think you're laughing at them.
- When out in public and other people give you dirty looks, ignore them. They may not have had experience with children or have forgotten what it's like to parent a young child.