



## Handling Tantrums

Sometimes tantrums happen, no matter what you do to avoid them. Here are some ideas for handling tantrums when they happen:

- Stay calm (or pretend to!). Take a moment for yourself if you need to. If you get angry, it will make the situation harder for you and your child. So when you speak, keep your voice calm.
- Acknowledge your child's strong feelings. For example, saying, "It's very upsetting when your ice cream falls out of the cone, isn't it?" Acknowledging their feelings can help prevent the behavior from getting more out of control and give your child a chance to reset their emotions.
- Wait out the tantrum. Stay close by, so your child knows you're there. But don't try to reason with your child or distract them. It's too late once a tantrum has started.
- Take charge when you need to. If the tantrum happens because your child wants something, don't give your child what they want. If your child doesn't want to do something, use your judgment. For example, if your child doesn't want to get out of the bath, pulling out the plug might be safer than lifting your child out of the bathtub.
- Be consistent and calm in your approach. For example, if you sometimes give your child what they want when they have tantrums, and you sometimes don't, the problem could worsen.