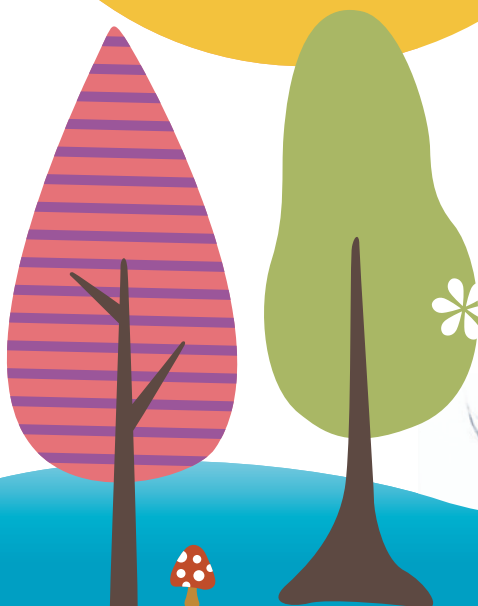




Temper tantrums

Tips for children aged
2 to 4 years

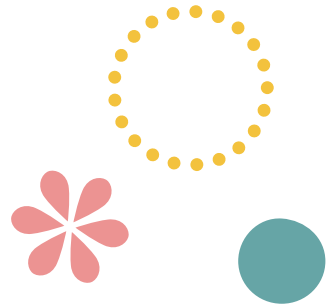


**Sure Start
Children's Centres**
Worcestershire

Find out more online:
www.worcestershire.gov.uk/childrenscentres

Temper tantrums

Tips for children aged
2 to 4 years



Why do they happen?

Emotional response:

- Frustration
- Anger
- Anxiety
- Disappointment
- Fear
- Hurt
- Jealousy
- Boredom
- Emotional overload
- Desire for independence.

Physical factors:

- Illness
- Hunger
- Tiredness
- Discomfort.

Response to change:

- Turning the TV off
- Going to the supermarket
- Being asked to share
- Birth of a new baby
- Divorce/separation
- Moving to a new home
- Parent returning to work.

How do we deal with them?

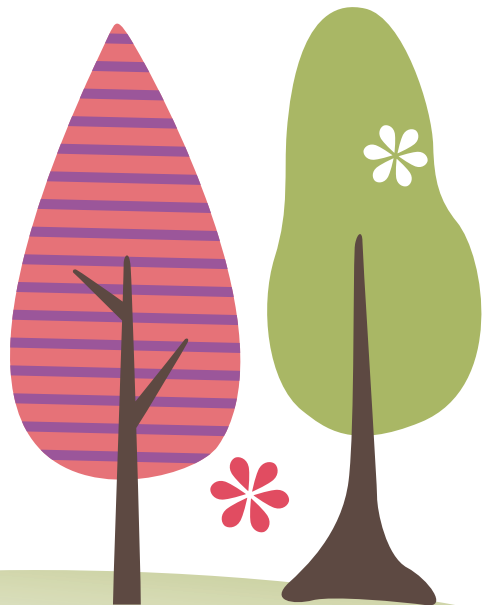
- Stay calm which will help your child to regain control.
- Ignore the tantrum and minimise eye contact.
- Leave the scene but only if it's safe to do so.
- Use distraction.
- Clap your hands rather than smack (the sound may startle them).
- Be consistent (for example don't buy goodies/give in to their demands to keep them quiet).
- Ignore comments from onlookers.
- Always consider your child's safety first.

Prevention:

- Use prevention rather than cure where possible
- Talk through the activity and agree boundaries beforehand
- Give warnings before change
- “What you pay attention to is what you get more of!” – give lots of praise for the right behaviour
- Set a good example
- Offer times when they can be in control of decision making
- Offer restricted choice where possible.

Afterwards:

- Give enough time to calm down
- Ask them if they feel better and cuddle and 'make up'
- Talk to them about their behaviour
- Give them an emotional 'label' for their behaviour
- Teach them another way of dealing with their emotions
- Try to compile your own list about the triggers for their tantrums.



For more information contact the children's centres team:

By telephone: 01905 765367

By post:

Worcestershire County Council
Wildwood
Wildwood Drive
Worcester
WR5 2NP

By email:

childrenscentresteam@worcestershire.gov.uk

Online:

www.worcestershire.gov.uk/childrenscentres



This publication can be made available in other languages and alternative formats (including large print, audio tape, computer disc and Braille) on request from the Marketing Team on telephone number 01905 765915 or by emailing cmetcalf@worcestershire.gov.uk

To the best of our knowledge all information was correct at the time of printing: March 2010

Find out more online:
www.worcestershire.gov.uk/childrenscentres