

Helping Toddlers Handle Tantrums

Be Proactive	Do not take tantrums personally
Identify the trigger: keep a tantrum diary, note what upsets your child. Watch for pre tantrum signs	Don't take them personally: You are not responsible for the tantrum or for stopping it. Make it an opportunity to connect.
Plan ahead: give warning signs to the child before activities are going to change.	Stay cool: calmly take the child to a place they can let it go and you can help him or her settle down.
Offer choices: offer limited choices whenever possible. When picking clothing, do you want the blue or red shirt. You choose the choices, but the child still has a choice.	Be a good example: try to remain calm and neutral in voice and posture when handling a temper tantrum. Children learn by watching. Use a friendly noncritical voice.
Prepare quiet and active times: make sure the child has opportunity for both active play and quiet play.	Give a positive message: make sure the child knows what you expect be positive and specific
Decrease demands: limit the restrictions. Resistance is normal when limitations are strict.	Verbalize: provide the words for what the toddler cannot say for his or herself.
Tired toddlers are unpredictable: put him or her in a quiet activity or down for a nap. Make nap or rest time a habit.	
Do feed the bears: offer something to eat to calm the child, a glass of water can help.	
Provide Comfort	Reinforce positive behavior but not negative
Relieve fear and/or anxiety: hold and/or cuddle the child. Offer something he or she likes to do or eat. Remove him or her from the fearful situation. Use a soothing tone of voice. Be patient and keep yourself calm	Offer incentives: reward the child for positive behavior, such as extra play time or a trip to the park
Acknowledge feelings: after the tantrum, acknowledge the feelings of frustration and anger.	Timeout the tantrum: remove the child from the triggering circumstance.
Relieve frustration: remove the object he or she wants or distract him or her from the object.	Don't reinforce tantrums: do not let the child use a tantrum to get what he or she wants.
Holding therapy: hold the toddler close when e he or she loses control, and tell him or her, you are going to help him or her until he or she can get control of his or her self.	Don't give into the child's demands: just say NO!
Teach other ways to handle anger and frustration: offer simple suggestions to help the child learn self-control. Encourage him or her to use words to describe what he or she is feeling.	Ignore it: if the child is throwing a fit for your attention, ignore it!
	Praise for calming down: after a tantrum comfort the child without giving in to the tantrum. Never make fun of them for having a tantrum.