



Temper Tantrums

What are temper tantrums?

These dramatic fits are actually a way for your child to release powerful feelings like anger and frustration. Although they are upsetting for you, they are normal in the life of a toddler.

Why do they occur?

Frustration

Toddlers work hard to have the world understand them and can get VERY UPSET when they don't get what they want or feel they need.

Personality

How often and how strong tantrums happen is affected by personality.

They work!

If you give into a fit, your child learns that they are an effective way to get

what they want.

What can be done?

Stay calm and ignore the fit until it passes.

The goal for parents is to teach their child about dealing with anger. Learning takes time and practice. Toddlers can rarely stop their fit.

Remember, as your toddler matures tantrums occur less often.

Pointers for parents

Teach ways to handle anger

- ✓punch a pillow
- ✓scribble to "draw a picture of your mad"

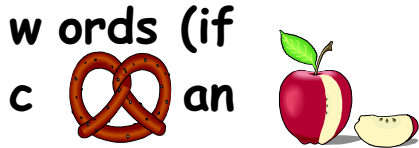


✓run outside really fast

Don't skip naps,
keep regular
bedtimes.



Encourage your child to
express feelings with
words (if
they talk).

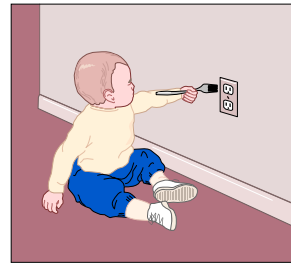


Offer healthy snacks to
prevent hunger between
meals.

Don't say "maybe" to end
a struggle. Maybe
means yes to a toddler
and just postpones a

fight.

Reduce
the need
for "no"
by child-
proofing
your
home.



Reduce the
need to say
"no" by
child-proofing
your
home.

Say "yes" when you can.
Example, "Yes, it would
be fun to have ice cream
for breakfast! Today
we're having toast or
cereal."

For Further Information Contact:



The Center for Parent Involvement (FCPI) was funded by the U.S. Department of Education; Goals 2000, Educate America Act from 1994-1999. Guided by an advisory board of parents and professionals, the FCPI's goal was to tap the power of parents.

The FCPI gathered information on parent needs, coordinated the information, and created a series of resources organized by theme, including fact sheets for parents and professionals, "Beyond the Basics" resources, and resource identification lists. Many of the resources have been translated into Spanish language versions, and every effort has been made to preserve the meaning and flavor of the original English documents. This series of materials provides a wealth of current information for both parents and providers; the complete set of resources can be obtained in PDF format on the Department of Child and Family Studies Website at www.fmhi.usf.edu/cfs/dares/fcpi. The staff of the FCPI are hopeful that their work will continue to help children get ready to learn for many years to come.

The series' themes include:

- Family Empowerment
- Parent Involvement
- Parenting Support
- School Readiness
- Violence in the Lives of Children
- Transition to Kindergarten

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Parent Support Series, Parent Tip Sheets, #10: Temper Tantrums.

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