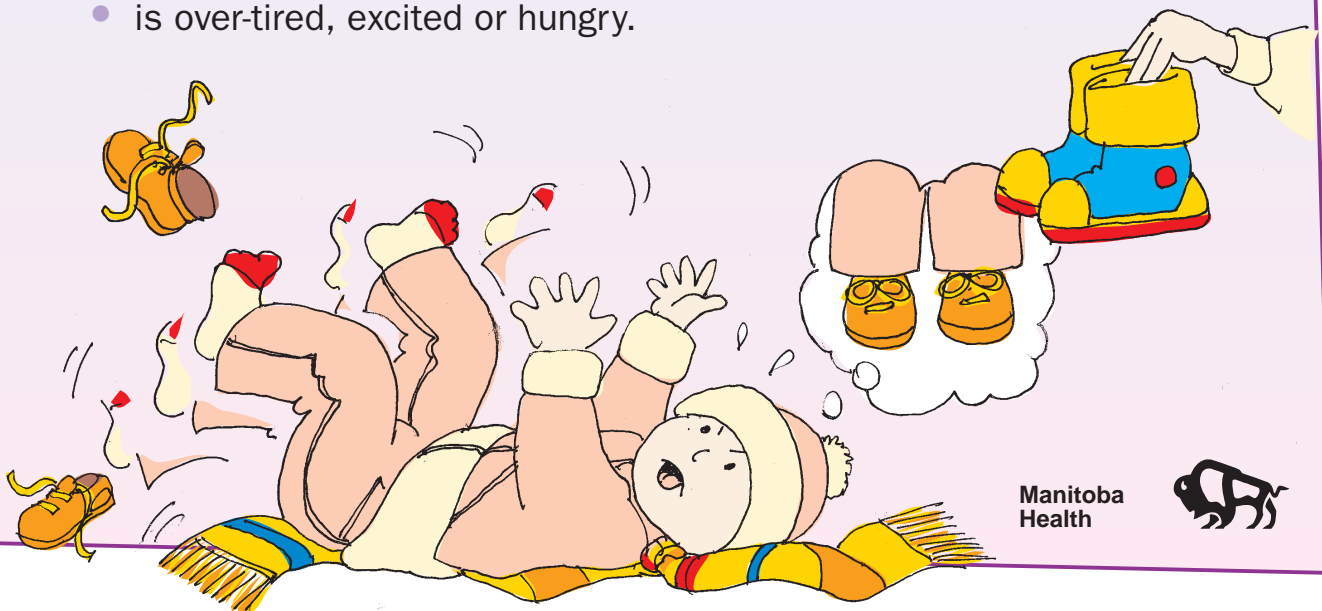


# TEMPER TANTRUMS

**Temper tantrums are most common between 2 & 4 years. Tantrums are the child's way of showing anger & frustration. This often happens when the child...**

- is not able to do something he wants to do
- is asked to do something he does not want to do
- needs to get rid of anger and tension
- is over-tired, excited or hungry.



## During a tantrum a child may ...

- run around screaming and yelling
- pound his fists
- bang his head
- kick and bite
- hold his breath.

## What to do if your child has a temper tantrum

### During the tantrum ...

- stay calm – don't try to argue or "talk sense" to the child
- don't give in to the child
- keep the child from getting hurt, harming others or breaking things. Put the child in a quiet place until he calms down
- as much as possible, ignore the tantrum.

**Some children hold their breath until they turn blue. Do not slap or shake the child to stop this. Leave him alone and it will end naturally.**



## After a temper tantrum

- stay calm and loving
- wash the child to “cool him down”
- remove what was causing the tantrum
- give the child something quiet and easy to do



**Tantrums are normal in toddlers.**  
**If your child has a lot of tantrums or if he still has them after age 4 or 5, ask your doctor or public health nurse for advice.**

## To prevent temper tantrums...

- give the child toys that are “right for his age”
- stick to the child’s daily routine
- make sure your child is getting plenty of sleep and having regular meals
- set rules for your child and tell him what they are
- don’t give the child a choice when there is no choice. For example, say “It’s bedtime” instead of “Do you want to go to bed now?”
- teach your child how to release his feelings by telling you how he feels, or by using energy (hitting a punching bag, running around the yard)
- do not have temper tantrums of your own –
- avoid things that cause your child to have a temper tantrum

