

WHAT SHOULD I DO IF MY CHILD IS HAVING A TANTRUM?

Tantrums can come in different shapes and sizes and appear out of nowhere. They can be anything from sulking on the sofa and refusing to move to a spectacular explosion.

You may see crying, screaming, arched back, stiff limbs, biting, kicking, running away or the old time favourite of laying on the floor of a supermarket screaming and crying refusing to be talked around.

FIRSTLY - DO NOT WORRY.

We have all been there... At Pennies we are parents too and have experienced exactly the same behaviour from our own children.

The most common age for a child to have tantrums are between the ages of 1 to 3 years old. Their social and emotional understanding is just starting to develop. Their vocabulary hasn't developed enough for them to express themselves with words, so they use actions to express all those big emotions they are feeling at the present time.

MANY THINGS CAN CONTRIBUTE TO A CHILD HAVING A TANTRUM

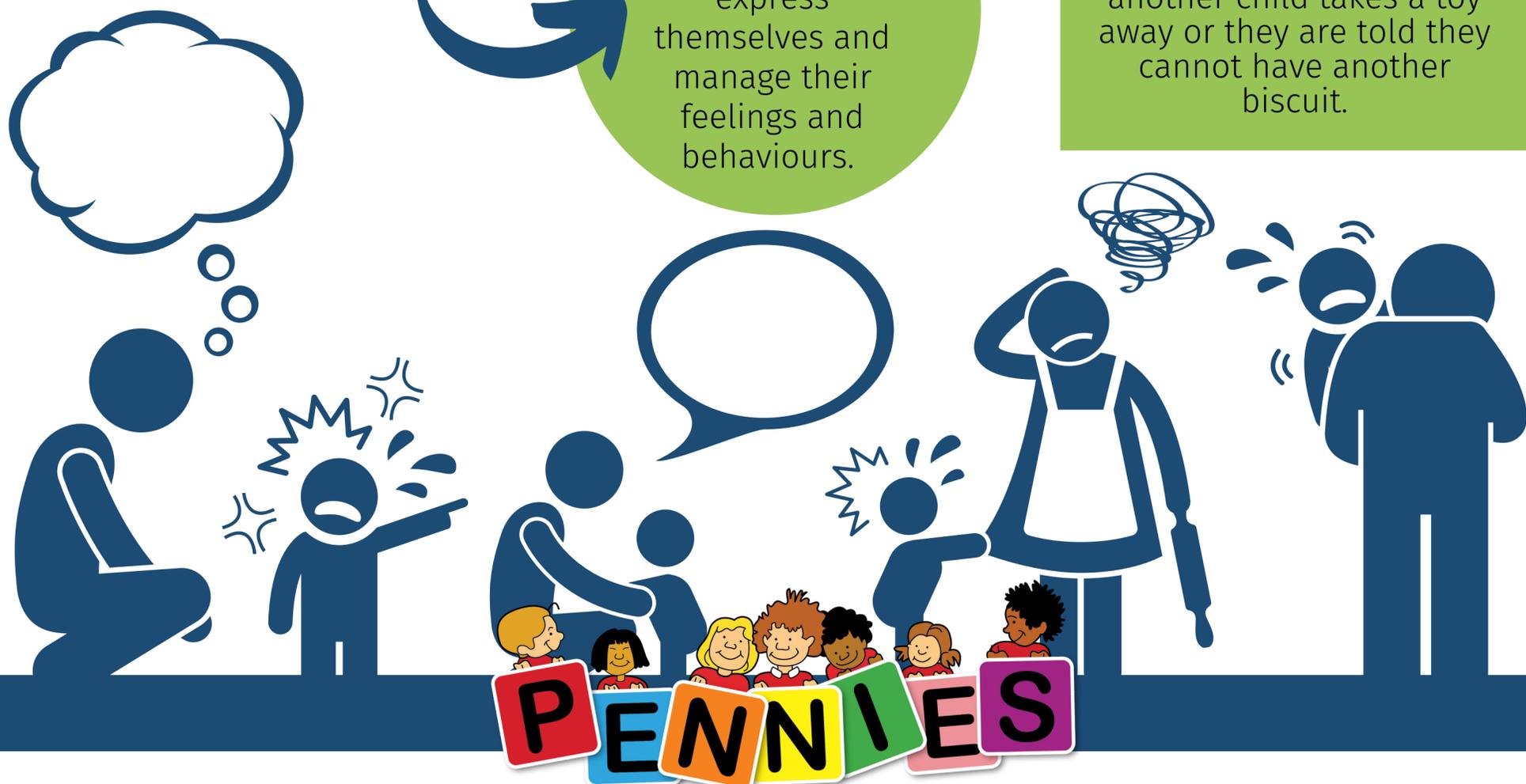
STRONG EMOTIONS

- Worry
- Anger
- Tiredness
- Shame
- Stress
- Fear
- Over Stimulation

SITUATIONS

A toddler may find themselves in challenging situations, for example another child takes a toy away or they are told they cannot have another biscuit.

These can make it harder for children to express themselves and manage their feelings and behaviours.



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WHAT CAN YOU DO TO HELP YOUR CHILD WHEN THEY HAVE A TANTRUM?



STAY CALM. Even if you are pretending. If you become angry, it will just make the whole situation even more tense. When talking to your child, keep your voice calm, slow and clear.

Acknowledge that your child is cross/upset for whatever reason it is (*their biscuit fell into a puddle*). This will prevent their behaviour becoming more out of control; and will give your child more of a chance to reset their emotions.

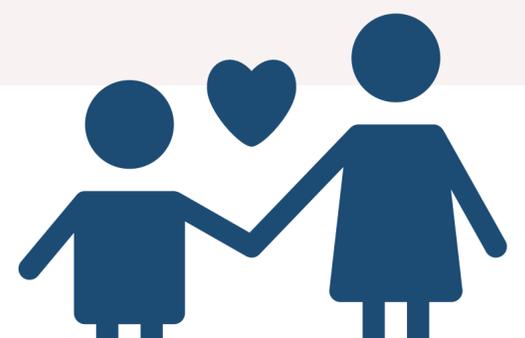
Sit back and let the tantrum take its course. Stay close so your child knows that you are there. Don't try to reason with them, as its too late. **The tantrum has already started.**

If the tantrum has started because you have not allowed something to happen, for example, you have said no to a third chocolate biscuit, **DON'T give in** and give them what they want. **Take charge.** This is a life lesson, that we cant have everything we want all of the time.

If the tantrum happens in public, do not be embarrassed. Ignore the judgmental looks and shaking of heads. **Again, we have all been there.** This is your child and noone knows them like you do.

Be consistent and calm in your approach. If you sometimes give your child what they want when they are having a tantrum and sometimes you don't, the problem will become worse.

Accept that it takes time to learn and change. Your child has a lot of developing to do before tantrums disappear or become less. Developing and practising self regulation skills is a life long task.



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Remember your child is not doing this on purpose and it is not personal to you. We just need to arm them with the skills to deal with life situations.

Keep your sense of humour, but do not laugh. Your child could interpret this as an award for their behaviour or it could make the situation a whole lot worse.

After the tantrum has finished, have a little chat with your child, to see if you can find out what caused the tantrum and how your child was feeling. It really is important for children's mental health and wellbeing that we talk to them about their feelings.

Remember this is just a phase, as hard as it may be. It **WILL** come to an end.

MAMA'S MANTRAS

“

I'M BRINGING
THE CALM
HERE

“

I CAN'T WIN
THEIR HEART
BY FORCE

“

ALL
FEELINGS
ARE OKAY

“

OUR
RELATIONSHIP
IS MY PRIORITY

“

MY CHILD IS
THEIR OWN
PERSON

“

IT'S NOT
SUPPOSED TO
BE EASY

