

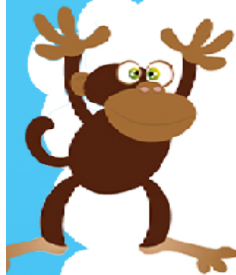


# Temper Tantrums



We've all witnessed Temper Tantrums, that child screaming in the supermarket until they get what they want. We've all vowed 'my child won't do that!' But the reality is Temper Tantrums are normal common behaviours and most will have them in some form.

The key is to change your reaction to them. Using a few coping techniques will help you cope with them and teach your toddler that they have to change their behaviour.



## What are they?

Temper Tantrums are violent reactions to your toddlers frustrations and usually involve screaming, shouting, lying on the floor and crying. They may bang their heads, kick and push others or throw things. Temper Tantrums can range from the quiet as a mouse type to a full blown raging hurricane!

## Why do they happen?

At this age your toddler wants to do so much and can become frustrated by their immature skills. They want to tell you things but can't get the words out or they may be asking for more love and attention. If you are busy, they learn that a 'tantrum' will get what they want!





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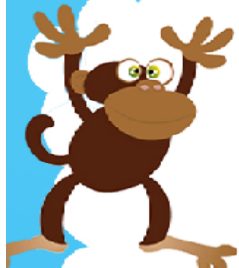


## When?

Tantrums can often happen when your toddler is tired or hungry, but mostly as a result of frustration and they can happen anywhere!

In a public place it can often seem like a no-win situation. If you reason with them you're seen to be too soft. If you get angry you can almost hear people think 'no wonder the kid behaves like that'

**It doesn't matter what other people think.**



## At what age?

They can start before 18mths and peak at 2yrs. A fifth of parents of two year olds will be getting a double dose each day. But by the age of four thankfully, tantrums are rare. At three years old your toddler is probably very active already. They may not require much sleep but still have masses of energy, tearing around, climbing all over everything and generally getting into mischief.

**Remember an active child is not naughty on purpose, they just cant control their energy!**

However exasperated you feel, try to talk to your toddler and really listen to what they have to say. They'll feel they are being taken notice of, and it may help avoid the need for confrontation.

