Temper Tantrums

Remember:
Tantrums reach different levels of intensity depending upon whether or not the child receives attention, he/she believes he/she will get what he/she wants, or until the child learns more effective coping skills. Children may not have the language to express their overwhelming feelings. Parents and providers can help the child to learn more satisfactory ways to express themselves and to support them when they do lose control.

The Parent and the Provider Need to Work Together to Observe and then to Problem Solve to Help the Child.
- Does the child tantrum because he/she is frustrated by a task?
- Does the child see others tantrum and imitate their behavior?
- Does the child tantrum more frequently when he/she is tired, sick or hungry?
- Does the child tantrum when you set a limit?
- Does the child tantrum when he/she is denied an activity or an object he/she wants?
- Is the child destructive or hurtful during a tantrum?

When Children Lose Control

Suggestions for Parents:
- Plan for warm and caring times together.
- Talk about angry feelings.
- Help develop control.
- Find healthy outlets.
- Read children’s books about anger like The Temper Tantrum Book by Edna Mitchell Preston, The Quarreling Book by Charlotte Zolotow, Andrew’s Angry Words by Dorothea Lackner and The Chocolate-Covered-Cookie Tantrum by Deborah Clumenthal

Suggestions for Providers:
- Find alternative physical outlets like:
  ♥ Playing with play dough.
  ♥ Throwing soft balls.
  ♥ Tossing bean bags.
  ♥ Scribbling hard with crayons or markers.
  ♥ Running.
  ♥ Dancing.
  ♥ Drumming or other kinds of music.
- Channel angry feelings into something they can produce like:
  ♥ Easel painting.
  ♥ Block building.
  ♥ Dramatic play.
  ♥ Storytelling.
  ♥ Allow the anger but not the hurting.
  ♥ Keep yourself calm.
  ♥ Use words.

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