

Tips for avoiding tantrums

1. *Make sure your child gets plenty of sleep.*

If they are tired, they will have tantrums more often.

2. *Make sure your child eats healthy food.*

Often children have tantrums when they are thirsty or hungry so bring a healthy snack when you go out together.

3. *Let your child do things with you.* Your child is interested in many things so let them help you, talk to them, ask them questions, or give them something to do.

4. *Find things your child can do at home.* Find things they can do for themselves that are not too hard.

5. *When your child goes out with you, bring along something fun.* Bring a coloring book and crayons or some small toys. Sing songs together while you are waiting. Play games together.

6. *Use the ACT method to help them find other good things to do.* If they want something they can't have, help them find a choice they can have BEFORE they have a tantrum.

7. *Take some deep breaths together.* If you see your child start to "lose it", have them take a breath with you. This will put you both "in the same boat" so it'll be easier for them to go along.

Tips for handling tantrums

1. ***Stay calm.*** If you get angry, your child will learn to do the same thing. Stay calm and think about what is happening.

2. ***Help your child to get calm.*** Step back from your child; don't fight or give in. Talk gently; stay close and talk "low and slow". Be soothing and understanding. Hold your child gently while you talk gently. This only works if you hug and hold your child when they are happy too.

3. ***Do not give your child what they want to get them to stop yelling and screaming.*** They will learn to have a tantrum to get their way. Wait until they have finished or help them calm down.

4. ***Give a choice and a consequence.*** When possible, let your child have their tantrum where they are. Walk away but stay nearby so you can make sure they are safe. Sometimes you can't let it happen; your child may have a tantrum in front of other people. In that situation, give your child a choice. If you are in a public place, take your child to your car and place them in their car seat. Sit in your seat quietly and wait a few minutes. Then ask your child, "are you ready to be calm and go back inside?" Most children will be calm now. If they are not calm, wait a few minutes then ask them again.