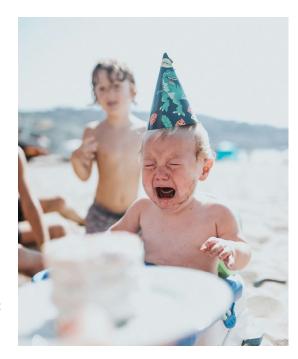
## MANAGING NORMAL TANTRUMS 10 TIPS FOR PARENTS

- 1. Minimize the need to say No by storing breakable items and, where possible, dangerous furniture.
- 2. Use distraction: When frustration begins to mount, redirect the child to a less frustrating or more acceptable activity.
- 3. Present choices within the limits of what is acceptable: "Do you want to wear your red pajamas or your blue ones?"



- 4. Pick your battles carefully. The more important the issue -- e.g., safety precautions -- the more likely you are to be firm and consistent.
- 5. When a preschool child throws a tantrum, stay within the child's sight, carrying on normal activities without talking to him. Some preschoolers need to be held in order to regain control.
- 6. For the older child, establish the rule that he must go to his room until he calms down. When a tantrum occurs, tell him to leave, but do not lecture, threaten, or argue. Model self-control.
- 7. Take into account your own emotions that may interfere with effective management of a tantrum. Never let a child hurt himself, or others, including you, during a tantrum. A child who is in danger of hurting himself (by thrashing around on a hard floor, for example) should be moved to a safer place.
- 8. Use words like "out of control" instead of "bad child" to describe tantrum-throwing behavior, and praise the child's ability to regain control after a tantrum. You might say, "You did a good job getting yourself under control."
- 9. Once a tantrum is over, the child is entitled to start over with a clean slate. Comfort may be given, but any original demands the child had should not be fulfilled. Otherwise, tantrums will become a way of life.
- 10. Try to establish an environment of positive reinforcement in the household, by commenting on and praising desirable or neutral behavior every few minutes as a general habit.

"Temper Tantrums: When to Worry," Robert Needham, MD, Barbara Howard, MD, and Barry Zuckerman, MD, Contemporary Pediatrics, Vol. 6, August 1989

