

Tantrums are a normal part of a child's development, especially from the age of 18 months, when your little one starts to develop more autonomy. They become less intense and less frequent around the age of 3 or 4.

How to deal with tantrums

Stay calm. Getting angry will only make things worse. If you feel anger building up and another adult can take over, step away for a few minutes. If you can't remove yourself from the situation, take some deep breaths to calm down.



It's hard for toddlers to control their emotions and impulses. **They may have a tantrum when they become overwhelmed by the intensity of their emotions or needs**, but are unable to express them. When this happens, your child needs you to help them put their feelings into words.

Don't let your child hit you or another person, hit themselves, or throw objects. Keep other children and objects away from your toddler while they're having a tantrum.

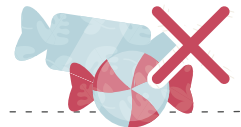
When your child is having a tantrum, **try to soothe and calm them by saying their emotion out loud.** For example: "I believe you, that's frustrating!" Let them know you're there for them.

If your child isn't listening to you and can't be reasoned with, don't insist. Give them some space and let the tantrum play out. Intervene only to ensure their safety.

Stay within your toddler's view so they don't feel ignored. Don't put them in a time out; they're probably as upset as you are by their meltdown.

Move closer to your child as they calm down. Wait until the tantrum has passed before talking to them.

Hold your boundaries, **even if you're tempted to give your child what they want when they're having a tantrum.** When your toddler feels frustrated, it's a good time to teach them how to regulate their emotions.



Once your child has calmed down, reassure them. **Help them talk about what happened, how they felt, and what made them upset.** If they haven't learned to talk yet, you can do this for them. For example, you can say: "You wanted to make an awesome tower with your blocks, but it kept falling down. That made you mad and you started yelling."

Remember to spend some quality time with your child every day to fill their "emotional cup." If their need for attention isn't met, they may find a negative way to get it.

