

What to Do When Your Child Tantrums



Preschoolers have very big feelings. What may seem like a small problem for an adult may feel like a large problem for your child. Tantrums are difficult to deal with as a parent. They can be frustrating, angering, embarrassing, and often ill timed. Here are some tips about how to help your child through a tantrum.

What to Say...

- Little to nothing at all. When your child is having a tantrum, their brain cannot process your words, so speaking to them will only make them tantrum longer/harder and will also require more energy from you.

What to Do...

- Stay Calm, or Calm Down - take a few deep slow breaths (self-care)
- Stay close by.
- Move your child to a safe place or change surroundings to keep child safe.
- Allow your child to complete the tantrum before taking any further action.
- Wait until they begin to calm down before you talk with them.
- When speaking with your child after the tantrum:
 - First, take another deep breath.
 - Then, label the feeling you observed your child having, including their actions.
 - Next, have your child share about that feeling and let them know you understand why they felt that way.
 - Lastly, problem solve with your child to determine a more helpful way to express their feelings next time (breathing, walking away, etc).