



SMART PARENTING *for* CHILD

Dr. Godbole's Chiranjeev Child Development Center

Temper Tantrums

Tantrums are a normal stage of toddler development. Kid's tantrum outburst occurs when you deny fulfilling their demand. Tantrums are one way for young children to test their boundaries and assert their independence. If the tantrums are dealt with incorrectly, your child will begin to use them to their advantage; even aggressive behavior takes its roots from tantrums.

Causes Due to	Outburst into
<ul style="list-style-type: none">• Tiredness	<ul style="list-style-type: none">• Crying
<ul style="list-style-type: none">• Hunger	<ul style="list-style-type: none">• Screaming
<ul style="list-style-type: none">• Inadequate sleep	<ul style="list-style-type: none">• Hitting
<ul style="list-style-type: none">• Salty & spicy junk food	<ul style="list-style-type: none">• Biting
<ul style="list-style-type: none">• Family stresses	<ul style="list-style-type: none">• Defiance
<ul style="list-style-type: none">• Frustration out of failure	<ul style="list-style-type: none">• Resisting any attempts of pacification

To a child, negative attention (a parent's response to a tantrum) is better than no attention at all. Consider the request carefully when your child wants something. Offer minor choices. This may fulfill the need for independence and ward off tantrums. Be consistent. Kids must understand that you are inflexible on safety issues.

- Taming the Tantrums before it boils over.
- Choose your battles; accommodate when you can.
- Distract, ignore and remain calm.
- Don't let tantrums embarrass you in public places.
- Don't try to argue with the child, as he is beyond reason during the tantrum.
- Give adequate time.



Screaming, Hitting, spanking don't help. It sends the message that using force & physical punishment is OK. Your child relies on you to be the example. Do not reward your child after a tantrum by giving in. Instead, verbally praise a child for regaining control. Coping with tantrums is inevitable for all parents.