

Temper Tantrums and Toddlers

Temper tantrums are a common part of childhood. Most children experience temper tantrums between the ages of one and three. There are a few main reasons why temper tantrums occur and some simple steps to take that will make them less disruptive.

Why do Temper Tantrums Happen?

- Physical reasons: tired, hungry, over stimulated
- Temperament: some of us have more “energy” than others
- Attention: child wants something or someone
- Frustration: child cannot express themselves or master a task

What do Temper Tantrums look like?

- Whining, crying and yelling
- Kicking, flailing arms, stomping feet
- Thrown body on ground

What can a parent or caregiver do?

- **Remain Calm**
- Make sure child is safe
- Try to understand why the temper tantrum is occurring
- Get child to quiet place if possible
- Do not laugh, tease or belittle child

What to do in the future?

- **Control situations not your child**
- Set up situations where your child has choices – picks between two outfits, two snacks, etc... - helps child feel like he has control
- Remain attentive to your child


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