



## "Tantrums: What to do?!"

### During the tantrum: 10 techniques to manage Tantrums

- NEVER, under any circumstances, give in to a tantrum. And do not reward the child after a tantrum for calming down.
- Remain calm.
- Think before you act. Count to 10 and then think about the source of the child's frustration
- Try to intervene before the child is out of control
- Positively distract the child by getting the child focused on something else.
- You can place the child in time away.
- You can ignore the tantrum if it is being thrown to get your attention.
- Hold the child who is out of control and is going to hurt himself or herself or someone else.
- If the child has escalated the tantrum to the point where you are not able to intervene in the ways described above, then you may need to direct the child to a positive time-out ( There is a right and a wrong way to use time outs
- If you are in a public place DO NOT be concerned about the people witnessing the tantrum .

### Calm down techniques for you and your child

- 1. Take a walk
- 2. Take deep breathes
- 3. Drink water
- 4. Reframe the situation
- 5. Walk away
- 6. Listen to music

