

# Temper tantrums are a *normal part of growing up.*

- Temper tantrums happen when your child does not understand why she cannot have her way.
- Tantrums can happen when your child is trying to do something he doesn't have the skills to do yet.
- Temper tantrums can happen when your child doesn't have the words to tell you what she wants or needs.

**Be patient.** Your child will outgrow his temper tantrums, usually around age four.

## *Preventing a Tantrum*

- ✓ Make sure your child gets the sleep and rest he or she needs.
- ✓ Take a break during long outings. Make sure everyone has something to eat and drink.
- ✓ Try to lessen your use of the word "No." Instead, say something like "Yes, after you finish."
- ✓ Keep to your daily routine. This way, your child will know what to expect.

## *Praise the positive.*

Praise your child's positive behaviors, the ones you want to see more of.

***There is no need to punish your child for temper tantrums.***

Stay calm and understanding during a temper tantrum.

## *Surviving a Tantrum*

- ✓ ***KEEP YOUR COOL.***
- ✓ Walk away (but stay in sight) from your child when she is having an outburst.
- ✓ Stay busy. Don't make eye contact. If your child sees that his tantrum isn't having an effect on you, he may stop.
- ✓ Try distracting your child. Make a funny face to take your child's attention away.

***As tempting as it may be, do not reward your child for stopping a tantrum.***

*Reward a temper tantrum and you will see more temper tantrums.*

*Ignore a temper tantrum and you will see less of them.*

# Temper Tantrums

***Be a Good Role Model***

***Controlling your temper is one of the most difficult lessons to learn.***

***Help your child — avoid arguing or yelling in front of your child.***



**Prevent Child Abuse**  
Rhode Island

500 Prospect Street  
Pawtucket, RI 02860  
401-728-7920 *tel*  
401-724-5850 *fax*  
[www.preventchildabuse-ri.org](http://www.preventchildabuse-ri.org)



**Prevent Child Abuse**  
Rhode Island

Prevent Child Abuse Rhode Island is a 501 (c) (3) not-for-profit organization whose mission is to keep every child in Rhode Island safe from abuse and neglect through a primary prevention approach of education, advocacy and public awareness activities.