

*BRENDA'S HOUSE
FAMILY CENTER
WELCOMES YOU!*



SERVICES AVAILABLE:

-PARENT SUPPORT GROUP

-COPING SKILLS

-FAMILY TIME

-RESPITE CARE

-CIRCLE OF SECURITY

PARENTING

-CHILD PARENT

RELATIONSHIP BUILDING



GET IN TOUCH

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Funding for this project and brochure is provided by
the MS Department of Human Services TANF
Family Dynamics Grant 6018438

Avoiding Toddler Tantrums

BRENDA'S HOUSE
FAMILY CENTER



TIPS TO AVOID TODDLER TANTRUMS

PREPARE YOUR TODDLER FOR WHAT IS COMING NEXT

Use words such as "We are going to leave in 15 minutes.", instead of "Hurry up! We have to leave now!" Your child may be busy playing and in deep focus. Giving him a heads up allows him time to finish up his game. The same goes for unfamiliar social situations. Giving your child heads up will avoid stranger anxiety and panic.

OFFER TWO CHOICES

Giving choices allows the child to feel in control of the situation. "Would you like to leave now or 15 minutes later?" "Do you want to join the party or would you like some time outside before you join in?" Make sure you keep the choices limited to two, so that it is easy for the child to decide.

*WHEN OUR LITTLE
ONES ARE
OVERWHELMED WITH
BIG FEELINGS, IT IS
OUR JOB TO SHARE
OUR CALM, NOT JOIN
THE CHAOS.*

CREATE A WISH LIST

Every child wants everything in the store or at least that is what it feels like. When your child asks for something, tell your child you will add it to their wish list. You can pull the list out during special times of the year and go over the wish list with him.

ENCOURAGE EXPRESSION

Toddlers are full of expression and they want to tell you exactly what is wrong with them but sometimes do not know how. Allow your toddler to tell you what is wrong by saying "Can you use your words, please?" instead of "Stop whining!".

ACCEPT FEELINGS

Allow your toddler permission to be sad and cry. Avoid saying "stop crying/calm down" instead say, "It's okay to cry! I know you are sad right now." Accepting your toddlers feelings helps them calm down. When this does not work, take a step back and tell your toddler you are going to wait for them to calm down. This gives your child time to show feelings and lets them know that you understand.

START OVER

Somedays you will want to start over. It will seem like your toddler is having tantrum after tantrum. Avoid yelling and screaming. You can change the day by allowing you and your toddler to start over. Get down on your toddlers level and tell them that you understand the day has been rough for both of you and you do not want it to continue this way. Count to three with your toddler and start over!