

Temper tantrums in toddlers:

This is normal part of growing up. So it's not your child who is the only kid, throwing tantrums.

Q, why these tantrums happen?

- 1) When your child is *frustrated* with their limitations.
- 2) *Anger* of not being able to get their way.
- 3) *Tiredness, Hunger, ill health, Unknown new environment*, all these may make the threshold of their frustration lower.

May be that your child don't have the words to express their feeling.

If you or any other caregiver reward the tantrums, it's more likely to continue.

Q, can we prevent them?

- Be consistent- Establish a **daily routine** so that your child knows what to expect. Stick to the routine as much as possible including Feeding time, naptime and bedtime.
- **Plan ahead**- For example when you are expecting to wait in line, pack a small toy or snack to occupy your child.
- **Allow your child to make appropriate decision on simple matters**- Avoid saying no to everything. Give them a sense of control.
- **Know your child's limits.**
- **Praise good behaviour**
- **Help kids learn new skills and succeed.**
- **Avoid situations likely to trigger tantrums**

Q, How to tackle a tantrum?

- **Stay calm**
- **Distract**
- **Offer help** – For example, if you asked your child to do something against their will, follow through by offering help. If you have asked your child not to play in an area, consider showing them a place where they can play.
- You may have to hold them physically until they calm down, if they are trying to hit themselves or others or trying to do something which may cause harm. When they calm down you have to explain them the rules.
- **Time out** –When they become too destructive take a time out.
Select a time out spot- Seat your child in a boring place. Wait for them to come down. One minute time out for every year of your child's age.
Stick with it- The child should sit in the spot until the time out is over. Don't respond to anything your child says while they are in time out period.
End of time out- Briefly discuss the reason for time out, why the behaviour was inappropriate. Then resume normal activity.

Q, when it's time to seek help of a professional?

- Worsening tantrums after 4 years of age.
- Breath holding spells
- Causing harm to themselves or others.

Ref: www.mayoclinic.org

