



POSITIVE PARENTING

Tantrums

The first time your child throws a tantrum may be a real surprise. You may be stunned into embarrassed silence – especially if the tantrum occurs in public. It is best to deal with tantrums as soon as they start.

What are tantrums?

Tantrums in children can be as short as 20 seconds or go on for hours. They include:

- Crying (without being hurt)
- Screaming, yelling and stamping feet
- Rolling around on the floor
- Holding breath (this can be frightening but all children eventually take a gasp of air)

Why do children have tantrums?

Children have different temperaments. Some children are quiet and easy going, others have quick tempers. Tantrums occur when children feel angry or frustrated, children become frustrated when:

- They are told 'No'
- Things don't go the way they expect



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- They are unable to manage difficult tasks
 - They do not know the words to say what they want
 - They are overtired
 - There is no obvious reason

Tips for dealing with temper tantrums:

- Keep calm, getting angry and shouting at your child will not help
- Your child may be tired or hungry so rest or food might help
- Try to find a distraction
- If you do say 'no' don't be tempted to give in later to calm them down
- You can try ignoring the tantrum
- Encourage your child to cool down on their own and talk more calmly about what they want

After the tantrum, praise your child for settling down. Even though they may no longer be angry, they may be upset. Give them a cuddle and let them know you love them.

For information on the Positive Parenting Programmes please contact **Sheffield Information Link** who will direct you to your local **Multi Agency Support Team**.

- **Tel: 0114 275 6699**
- **www.sheffinfoolink.org.uk**