

Cheat Sheet

For Tantrums

1. Try a distraction with something your child enjoys.
2. Be firm but calm. If you get loud, your child may just get louder.
3. Give your child choices that are acceptable to you, such as "You can not stay outside during dinner. You can sit at the table or in your room, but you can not stay outside."
4. Try to be ready ahead of time if you anticipate a problem. Such as " We will not get any treats at the store today."
5. Ignoring it is a great technique, if you are able. Try to walk out of the room or play a game with the other children.
6. Try not to punish during the tantrum. Everyone gets emotional.
7. Be ready to try new techniques. Sometimes the old one won't work.
8. When your child is calm, talk to them about the problem times, and what to do.



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