

# Temper Tantrums



Aladdin

*Temper tantrums are part of a child's development and most kids outgrow them by age 4.*

## **Preventing a tantrum:**

- Direct your child's attention to something else. For example, "Wow, look at that shiny car!"
- Give choices. For example, "Do you want to brush your teeth now or after you put your socks on?"
- Follow a daily routine. Have set meal times and set bedtime and a bedtime routine.
- Praise your child when they express their feelings with words.

## **Dealing with a tantrum:**

- Tell your child how you expect them to behave.
- Remain calm and speak softly. Act how you want your child to act. You are a role model.
- Take your child to a quiet place where they can calm down.

2012 Resource Guide. Preventing Child Maltreatment and Promoting Well-Being:  
A Network for Action U.S. Department of Health and Human Services.



"No!"

"Mine"

"Do it Myself"

