



# TANTRUMS

**ALL CHILDREN HAVE THEM, MANY PARENTS FEAR THEM**

**Pick your tantrum type. Respond appropriately.**

During a **Non-Distress Tantrum**, the child may act distressed, but they are not desperate or panicked. They want control of the situation. Children use this type of tantrum because **they have learned that it will get them what they want**. The more this type of tantrum is rewarded with attention, the more the child will use this behavior. Parents need to make sure the tantrum is not a Distress Tantrum and do not reward your child by giving in to their demands.

Parent role: Walk away - Do not attempt to reason, argue, or persuade - Say NO. And mean it - Be firm and clear - Use humor and play when appropriate.

**Distress Tantrums** mean your child's internal alarm systems have been activated. It may be over something simple, but they are not able to regulate their emotions. They may: scream, fall down, kick. **All they can to do is express huge emotions**. These tantrums happen because children have not developed the ability to manage big feelings, like disappointment, frustration, or anger and when children are over-tired.

Parent role: Soothe and comfort the child  
You may choose to: Use a calming tone of voice - Distract your child - Hold your child - Remember their distress is genuine.

**Tantrums cannot be prevented**

**Consistency, routine, and adequate sleep will reduce tantrums**

**Know your tantrum types**

**This too shall pass**

**Less talking is often better**

## RESOURCES

[Zerothree.org](http://Zerothree.org)

*The Science of Parenting by Margo Sunderland*

*123 Magic – Effective Discipline for Children ages 2-12 by Thomas Phelan*

[Sleepfoundation.org](http://Sleepfoundation.org)



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