

*Parenting Tools:*  
**Temper Tantrums**



HOME  
22.6

## **Parenting Tools: *Temper Tantrums***

Children can create big scenes. No matter how sweet your child is or how good of a parent you are, meltdowns can happen. At this age, children may know a lot of words, but they do not have the ability to construct complex sentences or put words to all the emotions they are feeling. They are easily overwhelmed and usually want to do more than they can handle. They live in the here and now, not in our cookies-are-for-after-dinner-world. For two-year-olds, not getting what they want, when they want it is a top temper tantrum producer. Some ways to help your child when he or she has a tantrum include:

- Acknowledge the frustration. Look your child in the eye and let him or her know you feel his or her pain.
- Be silly. Laughter can be a great tantrum-buster.
- Try a distraction. Give your child something else to think about.
- Ignore it. If you do not react, your child may give up.
- Leave the scene, but do it without making a fuss. You will be modeling calm behavior. It may be inconvenient, but it shows who is in control—you!
- Avoid the trigger. Try to figure out what sets your child off.
- Offer options. When children feel overwhelmed, they need your help; however, they still want to have a say in things.
- Give fair warnings. Children are more likely to behave if they know ahead of time what they can and cannot do.
- Show your children how you want them to act. Teach your children to use words to express themselves. Good ones to start with are, “Can you help me?” and “Excuse me.” Telling your children you want them to be good is not really informative. Instead, tell them you want them to ask for things in a quiet voice.

Remember, parents' behavior also matters. A child may be more likely to have temper tantrums if parents react too strongly to poor behavior or give in to the child's demands. As Isaiah 1:17 tells us, "Learn to do good..."