

A Checklist to help you Handle a Tantruming Child

By Karen Lock Kolp, M.Ed. of weturnedoutokay.com

___ Understand why the child is melting down

Is the child angry?

Frustrated, and without the language to communicate why?

___ Don't take the tantrum personally

Much as it feels personal, it's not.

Tantrums are key to a child's development, every kid has them.

It's best to treat them as normal and predictable, because they are.

___ Avoid all drama

It is SO tempting to melt down right alongside your tantruming child.

When we yell, or threaten, now BOTH of us are upset.

Your child needs you to remain calm.

___ Dial up your empathy

And, one of the best ways to remain calm: view the situation through your child's eyes.

Imagine the frustration and anger you'd feel in his or her situation.

To help them best: be on their side.

___ Take good care of yourself

During the tantrum: breathe deep and slow, in and out

After the tantrum: rinse your face and neck

with a cool, damp cloth

Between tantrums: do something just for you:

a walk, yoga or other exercise, or a bath

