

Temper Tantrums

Temper tantrums are outbursts caused by uncontrollable emotions. They can be physical, emotional, and verbal as a result of frustration and need for comfort.



DO'S

WAIT UNTIL THE
TANTRUM DEFLATES

RECOGNIZE THE
RHYTHM OF THE
TANTRUM

DISCUSS THEIR
EMOTIONS AFTER THE
EVENT

STAY CALM

LEAVE THE AREA IF A
TANTRUM OCCURS IN A
PUBLIC LOCATION

CREATE A "COOL-OFF"
SPOT IN THE HOUSE

DON'TS

CONSOLE THEM WHILE
THEY ARE STILL
EMOTIONALLY
UNSTABLE

INTERRUPT THEM

INVALIDATE THEIR
FEELINGS

YELL AT THEM
OR GET ANGRY

DEAL WITH OUTBURSTS
IN PUBLIC/ WITH AN
AUDIENCE