







How to Calm a Child's Tantrum



3 INCORRECT METHODS

-  Give in to the child; give them what they want
-  The child will manipulate you all the time
-  "Buy" peace by offering a new toy or sweets
-  Over time, toys become more expensive, and tantrums more aggressive.
-  Start shouting
-  The child does not calm down but becomes quiet. This method is harmful to the nervous system

3 UNPRODUCTIVE METHODS

-  Ignore the tantrum
-  You should always be within contact range with children under three years old
-  Distract the child from the cause of the tantrum
-  This does not work with children over 3 years old
-  Try to negotiate
-  During a tantrum, the child is driven by emotions, not reason

What You Should Do:

- 1** Calm down
- 2** Move the child from the emotional world to the real world
- 3** Shift their attention to yourself and create an unusual situation
- 4** Establish eye contact and convey a sense of love and support.
- 5** If the child starts to calm down, tell them how wonderful they are, soothe them, and gently stroke them
- 6** Share how worried you were for them
- 7** Once the child is calm, ask them to explain what they felt and wanted

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Depending on the age, the following methods may work:

- Distraction
- Such as singing, clapping hands, etc.
- Humor
- Deliberately exaggerated comforting
- An imitated "tantrum" by an adult