



PREVENT CHILD ABUSE  
**KENTUCKY**

# Taming Tantrums

Temper tantrums range from whining and crying to screaming, kicking and hitting.

Tantrums are equally common in boys and girls and usually occur between the ages of one and three years. Some children may experience regular tantrums, while others have very few.

During the kicking and screaming chaos of the moment, tantrums can be frustrating. The most important things to remember when your child is in the middle of a tantrum are:

- Avoid punishing the child.
- Do not reward the child.
- Stay calm and ignore the behavior as much as possible.
- Keep the child safe.
- Isolate the child, if possible.
- Do not let the reactions of other people affect your response.

When your child throws a tantrum, he is out of control. When it is over, you need to have a talk right away while the tantrum is still fresh in their mind. Avoid talking about what caused the tantrum itself, explaining to the child the tantrum behavior is inappropriate; then teach them what they should do instead when feeling angry. Toddlers understand far more than they are able to express.

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