

This booklet is part of a range of publications offered to parents to support them. Please do not hesitate to talk to a member of staff if you would like further guidance or support.



Booklets in this range:

1. Tips on good listening.
2. How to give children more confidence.
3. Helping children to get on with each other.
4. Tips to remember when you need to make a stand.
5. Tips to try when you are asking your child to do something.
6. How to deal with difficult situations.
7. Tips on dealing with anger.
8. Tips on dealing with dishonesty.
9. Tips on dealing with tantrums.
10. How to help children make better choices



Parent Survival Guides

No. 9 Tips on dealing with tantrums



Loving, learning, growing together with Jesus

1

Prevent the tantrum.

OK—I need to go shopping. I must make sure the kids do not get tired, hungry or bored. I'll go early and take some snacks, drinks, toys and comics



2

Make routines and remind the child what's going to happen.

Max, it's nearly bedtime. You have 5 minutes to play



3

Stall them until you think it through.

You want an apple love. Right—but let me finish this phone call and then I'll let you know



4

Find other ways of saying "NO" and quickly distract with a toy, a picture or a game.



Crisps—what a great idea, but we need to eat lunch first. Did you know that carrots help you see in the dark? Eat them up and then we'll go under your duvet and see if it works!

5

Always remind the child that tantrums get nothing and stick to this even in public.

It may be embarrassing but if you give in, they'll act up again.



6

If a big tantrum does occur, stay calm and quiet. Leave the room if it's safe to do so

Ask the child to tell you when the tantrum is over. When it is give them a big hug.

