



Temper Tantrums

What's happening and what you can do.

Toddlers have many skills, but controlling their tempers is not one of them. Tantrums are common between ages 2-3 because toddlers are becoming independent and developing their own wants, needs, and ideas. However, they are not yet able to express their wants and feelings with words. Take comfort in the fact that most children outgrow tantrums by age 4.



It is normal when toddler's:

- Say "no!" "mine!" and "do it myself!"
- Are not yet ready to share
- Test rules over and over to see how parents will react
- Need a lot of fun activities, play times, and opportunities to explore the world



What you can do:

- Resist overreacting to tantrums, and try to keep your sense of humor.
- Remain calm. You are a role model for your child .
- Holding your child during a tantrum may help a younger child feel more secure and calm down more quickly.
- Try ignoring the tantrum, but pay attention to your child after he or she calms down.
- Take your child to a quiet place where he or she can calm down safely .
- Say what you expect from your child and have confidence that your child will behave.

For more information visit thecapcenter.org or call 916-244-1906

