

Greetings!

Welcome to the July issue of Parent Team's "Parenting Tips Newsletter". This month we will take a good look at tantrums from children of all ages. Tantrums are a normal release of emotional energy at any age (including adult). Tantrums tend to occur more frequently at key developmental ages such as 2-3 year olds. Tantrums are our bodies letting off emotional steam, however it is important that children learn healthier ways to vent.

Toddler to Pre-School

Children ages 1-4 are constantly undergoing huge developmental changes. Their bodies and minds grow at incredible rates. Their abilities double and triple in short periods of time. They see the potential for what they could do, but often are not able to do it yet. All this can add up to frequent tantrums as they stretch their emotional legs, try to fit all the pieces together and make sense of their world.

When a child this age is having a tantrum there are three keys to getting them through it. **Keep them safe, stay calm and use discipline to teach the child the acceptable behavior.**

Keeping them safe may mean putting them in the shopping cart so they do not run away, holding their hand on the sidewalk so they do not go out into traffic or simply making sure there are no objects that the child may hurt themselves on during the tantrum.

Keeping your cool during the tantrum may be the toughest part of helping your child move through a tantrum, but it is by far the most effective. To help you stay calm let go of the idea that you can or should control your child's feelings. Instead focus on your own inward calm and then move on to the learning or discipline.

Discipline need not be anything more than natural consequences. For example if the child throws a tantrum in a store and needs to be placed in the cart that may be enough discipline to teach him what behavior is expected of him in stores.

In other cases discipline can be as simple as a short statement of expectation. For example if the child tantrums about sharing a toy. Staying calm, saying nothing at first is best and then when the child has de-escalated use a short statement like, "we share our toys."

School Age Children

Parents should expect far fewer tantrums as children pass the age of 4 and head off into school. Developmentally children learn to cope with disappointment or frustration better and you should see a drop in the number of tantrums. If you do not it may be best to get some help from your doctor or a parent coach on dealing with "learned defiance". Learned defiance is when the child is not tantruming due to any developmental issues but because of having learned how to

Parent Coaching Helps Families Regain Control



Parent Team LLC is a parent coaching services that is here to help families live a happier, more fulfilling life together.

Tammy, single mother of two children has worked with Ruth for two months now and states, "the kids and I are finally finding some peace. I knew parenting wasn't suppose to be so miserable but I was lost as to how to find my way back to happiness. It seemed like the kids were in control and I couldn't do anything about it. Ruth empowered me to be in control again"

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manipulate others through tantrums.

Dealing with the occasional tantrum should be much easier as well. The key to calming your child is staying calm yourself. At the ages of 5-12 children will feed off your state of mind much quicker. If they sense you are calm it will help them regain control and get back to problem solving, which is where we want them. Having a tantrum is not necessarily something that needs to be punished. Use discipline and make sure that learning is gained from the experience.

Teenagers

Wow! A tantrum from a child this age can really take the wind out of your sails. What do you do with a 14 year old girl who is tearing her room apart, and screaming at her parent? The answer is to stay calm, talk very little, if at all and wait for it to pass. It is important that the parent keep perspective on the situation and not take the tantrum personally.

One again it is normal for anyone to have an occasional fit, but more frequent than one or two a year for this age group shows that there is the possibility that help should be sought.

Parent Team is a child development consultation firm that provides presentations to all types of parent groups. If you would like to have Ruth present at your church or community group call to set up a date and time.

Sincerely,

Ruth Fett
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