

An e-book to tackle **YOUR CHILD'S TANTRUMS** EFFORTLESSLY



A child's tantrum is equivalent to a summer storm – sudden and sometimes fierce. One minute you and your child are at a restaurant relishing dinner, the next minute your munchkin becomes a whimpering or whining kid because of a bent straw!

Tantrums are a normal part of early childhood development, particularly common between the ages of one and four. Most often toddlers throw tantrums to express frustration with a situation. Kids, unlike the adults, have limited options to express agitation. Thus, they crank. Understanding what triggers a child's tantrum is the first step in managing these outbursts.

So how can you stop these outbursts? What follows are 9 freak-out fixes that all moms will find interesting.



Find Out What Is Really Frustrating Your Kid?

This trick is for tantrums among the under two and a half set. The greatest trouble for children of this trivial age is their limited vocabulary, which is not more than 50 words. They fail to link more than two words, making their communication limited, but what is worse is that they have all the thoughts, wishes and needs to be met. When you don't get the message or misunderstand, they freak out to release their agony.



Solution is easy.

- Teaching and learning sign languages for some common words such as more, food, milk, tired, etc.
- Another solution is to ask them to point out the people or things and make efforts to understand what your kid is trying to convey.



Ignore The Kid



During a tantrum, your child is literally out of his mind. His emotions override his decision-making ability. At such a point of time, it is useless to reason with him for he is not in a situation to understand any of your wise talks.

Calming a freaked out child is as tough as teaching swimming to a drowning person. There is practically nothing that you can do at that moment except for ignoring these tantrums by walking into another room or carrying on with your own tasks.

Do not forget to adopt calming techniques to lower your own stress levels by deep breathing, relaxing your muscles, positive talk inside your head: “I will keep calm”, and many more.



Create A Diversion

Keeping your child engaged in something else will divert his attention from the tantrums, provided you catch them right on time. When you successfully keep your child engaged and attracted towards some other interesting work, he will find it easy to not to reminisce about what he was initially doing or about the thing that had caused the tantrum.

Some easy and useful distractions can be a new toy or a game, his favourite food, or a song that he taps his feet upon.



A Big Squizzly Hug

This may feel like the last thing to do, but it is rather efficacious in simmering down your child when he is freaking out. Give him a big hug that conveys nothing but affection. Don't let go your darling till he stops shedding tears.

The reason why this jhappi will work like a spell is that it will make him feel secure along with an affirmation that you would shoulder him no matter what.



Give Your Child Some Space

The tricks to calm your kid may not always be beneficial because sometimes, your kid just needs to get his anger out. Let him yell and let his tears flow. Just make sure to keep all those things away from him which might hurt him or anybody else.

Once his rage is relieved, he'll be able to pull himself together and regain self-control.



Give Your Kid An Incentive To Behave

Say, tonight you have to attend a dinner party with your colleagues and you want your kid to behave. So, you can offer some bribe to your kid like, “I am going to buy you your favourite chocolate if you sit quietly and have your dinner tonight”

Offering bribe is good, but only if it is done once in a while. It should encompass something reasonable, reasonable enough to not to spoil your child.



Consistently Enforce Consequences

Sometimes, giving incentives to kids may not work. In such scenarios, the best way to handle your child's tantrums would be to follow through with consequences for bad behaviour. Keep reminding your kid of possible negative impacts if he misbehaves.

Because at times, it is required to be a bit harsh on your kid to make sure he does not turn to a spoiled brat.



Maintain A Proper Routine

Mothers should have clear routines for their child's day. Set a regular time for meals, nap, bath, homework, bedtime, etc. If he knows his routine is set, he's less likely to show unwanted tantrums.

He will gradually get used to doing right things at the right time which will aid him immensely in the long run.

Eat breakfast



Go to school



Play with my friends



Do my homework



Provide Opportunities To Let Off Steam

Kids under the age group of one to five are very inexorably energetic. They can run, jump or play all day long without exhaustion. They get exasperated when they are not able to carry out all these activities. As a mom, it is your job to direct your kid's energy into something productive.

Provide him with lots of opportunities to let off steam every day – playing, dancing etc. These activities will keep your child happy and fun-filled.



**Small things can make
big difference.**



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