



TEARS AND TANTRUMS

Toddlers have lots of feelings but they haven't yet learnt how to handle their emotions and reactions. When a young child has a tantrum, they need to let all those big feelings out in a safe way.

Tips for handling tears and tantrums when they happen...

- Keep calm, try not to lose your temper and use a soothing tone of voice.
- Let your child know you understand how they feel. For example 'It's very upsetting when your ice-cream falls out of the cone, isn't it?' This can help prevent a tantrum getting out of control. Be kind with your words.
- Intervene if they are hurting themselves. You could say 'It's OK to be upset but I won't let you hurt yourself'.
- Wait out the tantrum. Stay close so your child knows you're there.
- Recognise when the big feeling has subsided and console your child to reassure them they are okay, and that you love them.



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References: www.raisingchildren.net.au
www.education.vic.gov.au