



How to Handle Toddler Tantrums



TRY TO STAY CLAM:
Your energy sets the tone. Breathe and try to keep cool.



HOLD YOUR BOUNDARIES LOVINGLY:
Reinforce positive behaviour in a firm but gentle way.



VALIDATE THEIR FEELINGS:
A simple question such as "I know you're upset, can you tell me what is making you sad?"



REDIRECT:
A new focus or talking point can stop a tantrum in its tracks.



EXPRESSION:
Encourage your child to express their feelings in words rather than acting out.

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IT'S OKAY TO
FEEL YOUR
FEELINGS.
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GIVE IT TIME:
Sometimes big emotions just need time to pass, offer comfort when ready.



Children First
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