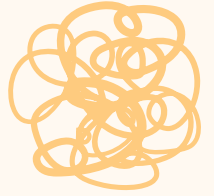




How to Handle Toddler Tantrums



**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
it's tracks.



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



GIVE IT TIME:
Sometimes
big emotions
just need time
to pass, offer
comfort when
ready.

