



Noah's Inclusion Services

Tantrums

What?	Why?	
Tantrums	<p>Kids might:</p> <ul style="list-style-type: none"> • be tired or hungry. • be sick or not able to hear. • be bored. • be feeling scared or out of control. • want to be independent but don't have the skills. • not have the words to say what they want. • be feeling frustrated or confused (it's tricky moving from a baby to a young kid) • know that having a tantrum will get them what they want 	
What?	How?	
Preventing tantrums	<ul style="list-style-type: none"> • get your kids to have regular meals and sleep times. • have their health and hearing checked. • spend time playing and having fun with your kids. • change things to prevent your child becoming tired or frustrated (child lock cupboards so you don't have to say 'no') • talk, sing and read to your child to help them learn how to talk. • If talking is hard, seek help from a speech therapist. • help them learn how to do things for themselves (put on own shoes) • be loving and consistent to help them feel things are ok and not out of control. 	
What?	How?	
Dealing with tantrums	<ul style="list-style-type: none"> • keep as calm as you can, don't give the tantrum too much attention • keep loving your child, it's the behaviour that is the problem – not the child • help them to calm down and regain control • use distraction to do this • praise them for calming down 	