

Tantrum Recommendations:

select two choices and allow the child to pick one; this gives the child a sense of control.

Ignore minor infractions but if they escalate, consequences must follow.

frame the tantrum as 'losing control' versus 'bad'.

tell the child to 'use your words' when mad or angry.

Pick your battles.

Be consistent in doling out consequences for tantrums.

Provide one warning as a cue to stop the behavior; do this before the tantrum becomes full-blown.

not allowed to harm self or others or be destructive.

Consistency in follow-through is necessary.

Reward non-tantrum behavior using a chart or tickets that can be redeemed.

do not show anger; this will escalate the situations.