

## **Social and Emotional Development: Temper Tantrums**

### **Teaching Tips:**

- Many educators find it helpful to teach temper tantrums after having introduced the concepts in the social-emotional overview.
- Most parents of a child toddler age or older will be familiar with the experience of a temper tantrum. What most parents are interested in learning more about is how to 1) prevent temper tantrums and 2) how to manage the tantrum in the moment.
- When teaching this content, it is important for parents to realize that temper tantrums are a normal and in fact, important aspect of healthy child development.
- The parent or caregiver's response to a temper tantrum is the focus of educating parents how to manage tantrums in the moment.
- Use the key messages below as a focus for teaching this topic as well as a summary of the content.

### **Learning Objectives for Parents and Caregivers**

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After learning about temper tantrums, parents and caregivers will be able to:

- 1) Explain what "causes" temper tantrums in children
- 2) Explain how brain development effects temper tantrums
- 3) Provide several ways to manage temper tantrums
- 4) Understand why their reaction to a temper tantrum is so important

### **Key Messages for Parents and Caregivers**

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- 1) Tantrums are a normal part of a child's development.
- 2) The way that children react to emotional situations is influenced by their developing brain.
- 3) The frequency and intensity of tantrums decreases as children grow older.
- 4) Children learn from their parents and caregivers how to effectively manage their emotions.
- 5) Tantrums are common for nearly every child at some point in the first 5 years. Extreme or frequent tantrums can represent a significant parenting challenge.
- 6) Knowing a child's temperament and triggers can help to reduce tantrums.
- 7) Child development experts offer strategies to help parents once the tantrum is underway.
- 8) When a child has a tantrum, parents have to manage their own emotional reactions.

