

Suggested Presentation Timeline: Temper Tantrums



This lesson outline is designed to be a teaching tool for early learning professionals who teach this information in a wide variety of settings. Therefore, please use the outline below as a guide and modify it as necessary to meet the needs of your audience and schedule.

Minutes 0 - 10 Welcome and Introductions

- Begin your presentation or workshop by creating a comfortable environment.
- Introduce yourself to your group / audience and orient them to the environment (restrooms, important announcements).

Minutes 10 - 40 Presentation of Topic

Provide your group with an overview of the topic you will be presenting. This brings all the participants together quickly as well as to engage the group in the learning. Here are some options for how to do this:

1. Tell a story that engages the audience.

A family is having dinner at a fast food restaurant with a play area. While waiting to be served, the children play. When the meal arrives, the mother calls the children to the table. The three year old son refuses to come and within moments has escalated to a full blown temper tantrum. The mother makes an effort to calm her son, but when she is unsuccessful, she leads him out of the restaurant so he won't disturb the other diners. But as soon as they come back in, the boy races straight for the play area again. What should the mother do?

2. Provide a definition of the topic / terms that are being discussed.

Definition of Tantrum: Tantrums are raw and unplanned extreme emotional response to frustration, emotionally overwhelming situations, anger, sadness, unexpected events, or opposition by another person. The way in which a parent responds to a tantrum can impact the outcome of a temper tantrum.

3. Some educators find it helpful to begin with a general question. For example:

- Why do children have temper tantrums?
- What does a temper tantrum look like?

4. Provide an overview that introduces your audience to the research-based information about the topic.

Temper tantrums are common in children between the ages of 18 months and four years. Tantrum behaviors range from commonplace crying to less-frequent, attention getting events such as breath holding and head banging.





Review the goals of what you intend to teach, describe what tools/resources they can expect to gain by attending the event, and present the Parenting Counts Program Curriculum.

Minutes 40 - 50 Applied Learning Activity

- Most audiences are ready for a change in activity after 20-30 minutes of lecture. Consider the composition of your group and decide what type of activity best meets their needs.
- Some educators choose to have participants work in pairs to maximize comfort with the topic, others opt for a group discussion to allow a variety of opinions to be heard and validated.
- Parenting Counts offers multiple video options that can be used during this time to encourage discussion or to continue the learning experience.

Minutes 50 - 60 Closure and Evaluation

- Closure: Be sure to recap the key messages of the presentation as well as provide tools that incorporate the learning into parenting practices.
- Evaluation: Please distribute an evaluation form as part of your presentation. It is important to give participants an opportunity to comment on the presentation as well as to provide you with an assessment of their learning.

