

## ***Tool Box Tip #4    COPING WITH A TEMPER TANTRUM***

### **What causes a Tantrum?**

Children from 15 months old to 4 years old are prone to having tantrums. Tantrums often happen when a child is tired, hungry, over-stimulated or ignored. Sometimes children have tantrums to test limits or to get their own way.

### **Solutions to Tantrums:**

1. Model being cool

Take some deep breaths yourself and speak to your child in a calm voice. Say something like “you are safe let’s practice being a STAR”.

**Stop – Take a Breath – And Relax (over and over)**

2. If there is a possibility of the child being hurt - hold them from behind.

3. Notice the child’s body language and state what you see and guess the emotion they are trying to express. Speak to them out loud about what you see.

4. Once the child is starting to calm themselves – say something like “You are doing it – you’re calming down!”



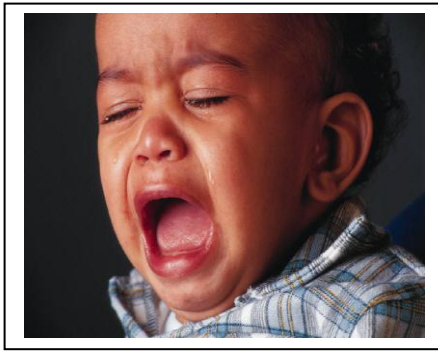
**Be a Star!**

Do not give in to a tantrum – if the above does not work you may consider removing the child from the situation to try to calm down in another environment.

A toddler’s temper tantrum can be frustrating and irritating. Remember you are the adult. Shaking is never a good form of discipline. Children as old as 4 years old have been known to suffer from the effects of Shaken Baby Syndrome. No matter how upset you are:

**NEVER, NEVER SHAKE A BABY or TODDLER!**

# COPING WITH A CRYING BABY



*Taking care of a crying baby can be frustrating and irritating, but remember; crying is the only way a baby has to communicate. The baby is not trying to make your life miserable; he or she is just trying to inform you of a need. When a baby in your care won't stop crying, try some of the following coping strategies:*

- Meet the baby's basic needs: feed, change, make comfortable, etc.
- Check for signs of illness, like a fever or swollen gums. If signs are present call your physician or administer proper care based on the symptoms.
- Rock or walk with the baby.
- Take the baby for a ride in a stroller, or in a car seat in the car.
- Put the baby in a wind-up swing.
- Swaddle the baby snugly in a soft receiving blanket.
- Check to make sure that clothing is not too tight, or that fingers or toes are not bent.
- If you are frustrated and need a break, put the baby in a playpen or crib, go to another part of the house and do something to calm down.
- Turn up the music on the stereo, run the vacuum, turn on the dryer or let water run in the sink for a few minutes; babies enjoy consistent, rhythmic noise.
- Sing or quietly talk to the baby.
- Offer the baby a noisy toy; shake or rattle it.
- Give the baby a pacifier.
- Lay the baby tummy down across your lap and gently rub or pat his or her back.
- Try giving the baby a bath; the warm water might be calming.
- Gently massage the baby's body and limbs gently or tickle soft circles on their face.
- Have a friend or relative you trust take over for a while, then get away, get some rest, and take care of yourself.
- If nothing works, put the baby on his or her back in their own bed, close the door and turn up the TV or radio. Check on the baby every 10-15 minutes.