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PARENTING STRATEGIES FOR SUPPORTING CHILDREN DURING TANTRUMS



01

STAY CALM

In moments of tantrums, staying calm is key. Your child takes cues from you, so your composure can help them regulate their emotions.

SET CLEAR LIMITS

Establish boundaries and make sure your child knows the rules. Consistency provides a sense of security.

02



03

OFFER CHOICES

Give your child limited, age-appropriate choices to provide a sense of control and reduce frustration.

USE REDIRECTION

Sometimes, redirecting their attention to a different activity can help diffuse the situation. Suggest a different activity or offer a favorite toy.

04



05

VALIDATE FEELINGS

Let your child know it's okay to feel upset but not okay to behave inappropriately. Acknowledge their feelings and help them express themselves.

