

# PARENTING STRATEGIES FOR SUPPORTING CHILDREN DURING TANTRUMS

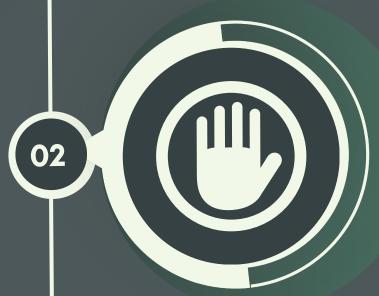


## STAY CALM

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.



# 03

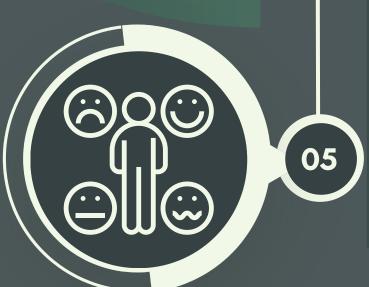
# **OFFER CHOICES**

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.





## **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.



04

www.livloved.com

© 2024 LIVLoved LLC. All rights reserved.