Temper Trantrums

Keywords
Hits 1748
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TEMPER TANTRUMS AND HOW TO DEAL WITH IT: ONCE AND FOR ALL!

There is no parent who does not have to deal with temper tantrums and if you find one that says they did not have to deal with it…they are either lying blatantly or they conveniently forgot about it. This is part of any parenting, yet most of the parenting expectations set out by our culture tends to prise the parents who seem to not have kids with tantrums! Where does it leave you, the normal mom or dad that just wants what is best for your little loved one?

There is no perfect child, thus, there is no perfect parent! Stop reminiscing about how it should be, but rather deal with what is at hand. **The Tantrum!!!** (Normally displayed when you least expect it).

We, as parents, have degrees, we have ample education, and we have skills in dealing with the world out there. Yet…I cannot remember my children being born with manuals (never alone lecturers). So, please understand that this article is written for the parents who are out there that is normal and just trying their best to get what is right for them, their child and their whole family!

I found that at home, there are predictable situations that can be expected to trigger temper tantrums, such as bedtime, suppertime, getting up, getting dressed, bath time, watching TV, parent talking on the phone, visitors at the house, family visiting another house, car rides, public places, family activities involving siblings, interactions with peers, and playtime. Other settings include transitions between activities, on the school bus, getting ready to work, interactions with other children, directives from the teacher, group activities, answering questions in class, individual seat work, and the playground.
All young children from time to time will whine, complain, resist, cling, argue, hit, shout, run, and defy their teachers and parents. Mine did! Temper tantrums, although normal, can become upsetting to teachers and parents because they are embarrassing, challenging, and difficult to manage. On the other hand, temper tantrums can become special problems when they occur with greater frequency, intensity, and duration than is typical for the age of your child.

In my experience with children in my practice, as well as what was stated in literature I found 9 different types of temperaments in children:

- A distractible temperament that surely will predispose your child to pay more attention to his or her surroundings more than to the caregiver.
- A hyperactive temperament that predisposes your child to respond with fine- or gross-motor activity.
- A high intensity level temperament that means your child would yell, scream, or hit hard when feeling threatened.
- A negative persistent temperament is seen when your child seems stuck in his or her whining and complaining.
- An irregular temperament that causes your child to move towards the escape of the source of stress by needing to eat, drink, sleep, or use the bathroom at irregular times when he or she does not really have the need.
- A low sensory threshold temperament that is evident when your child complains about tight clothes and people staring and refuses to be touched by others.
- An initial withdrawal temperament is found when children get clingy, shy, and unresponsive in new situations and around unfamiliar people.
- A poor adaptability temperament shows in children shows itself when children resist, shut down, and become passive-aggressive when asked to change activities.
- A negative mood temperament is seen in children who appear lethargic, sad, and lack the energy to perform a task.

I can mention a lot about the developmental stages of children and how they would show their temper. For the sake of the article I would rather like to focus on how to handle a tantrum!
It is much easier to **prevent** temper tantrums than it is to manage them once they have erupted.

Here are some tips for preventing temper tantrums and some things you can say:

- Give children control over little things. By providing choices, you could manage the latter. A little bit of power given to your child can stave off the big power struggles later. “Which do you want to do first, brush your teeth or put on your PJ’s?”
- Do not ask children to do something when they must do what you ask. Do not ask, “Would you like to eat now?” Say, “its suppertime now.” You will set yourself up to fail!

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