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Triumphing Over Tantrums

By Patty Hone

Triumphing Over Tantrums

by: **Patty Hone**

Before you had kids you probably witnessed an out of control child having a temper tantrum at the store. More than likely you thought or said, "If that was my child, I would _____". Well now here you are with children of your own dealing with these exact situations. Temper tantrums are a normal part of life with toddlers and preschoolers. Almost all young children have tantrums occasionally. If handled appropriately, most children outgrow this stage by four or five.

Some children have severe tantrums and may get so upset that they vomit or hold their breath until they pass out. Although this can be extremely upsetting to the parent, the child will generally recover quickly and completely. If your child is fainting or vomiting from tantrums, you may want to consult your pediatrician to check for any other health concerns.

How you handle tantrums will have a direct impact on the frequency and intensity of the tantrums. Here are some tips on preventing tantrums and how to respond to them.

Make sure your child is not over-tired. If she is cranky or tired put her down for a nap or try doing some quiet time. You can lay down in the bed and read a book or play soothing music to help her relax.

Be consistent with your rules. If she has a tantrum and you give in to her demands, she will try this again. The more consistent you are, the more she will learn that tantrums don't work.

When you ask your child to do something, try asking nicely first. "Mommy needs some help picking up the toys" usually goes over better than "get in here and pick up this mess!"

Don't use bribery. Does she really deserve a cookie for going to bed on time or not misbehaving at the grocery store? By doing this you will only encourage her to break the rules to get a treat.

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Don't react to her by yelling at her to be quiet. This will probably only upset her more. Sometimes in the midst of an outburst it is hard for a child to regain composure. Help her to calm down by giving her some quiet time in her room. Offer her a cup of water to help her relax if she is hyperventilating.

Sometimes children have tantrums because they want your attention. Look at the situation. Have you been watching tv, reading a book, or talking on the phone? If your child hasn't had much "mommy time", she may be trying to tell you something. Once she has calmed down from her tantrum, try setting some time aside just for her.

If you are in a public place, remove the child from the situation if you can. Go to the car or the restroom until she calms down.

When to call the doctor.

If you are concerned that your child's tantrums are extreme or more frequent than they should be, call

your pediatrician for help. If your child injures herself or others, destroys property, has frequent nightmares, regresses in potty training, faints, has stomach aches or anxiety attacks consult your doctor.

Patty Hone is a wife and mommy to three kids. She is also co-owner of Justmommies.com. Justmommies is an online community of moms sharing the joys and struggles of motherhood. Message boards, chats, articles, parenting, pregnancy info and more.

Toddler Tantrums

By Anne Cavicchi

Toddler Tantrums by Anne Cavicchi

Toddler Tantrums!

Remember the adorable little cherub you brought home from the hospital?

Ah, It seems like only yesterday. Now your baby has grown into a toddler. The world to them is filled with wonderment, learning and discovery... and frustrations. Things are wonderful, when all of a sudden, your little cherub turns into a little monster.

Your toddler has just shown you the power of the 'T' word... Tantrum. It is something every parent dreads, but it is inevitable at one point or another.

A tantrum is like an emotional blown fuse. It is not something your child can prevent. Tantrums

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generally occur when your child is very frustrated. The load of frustration builds up inside him until he is so full of tension that only an explosion can release it. He may run around the room wildly screaming, he may throw himself on the floor kicking and screaming. He seems to be totally out of control, and he is.

So what's a parent to do?

You can help to prevent tantrums by organizing your toddler's life so that frustration stays within his tolerance limits most of the time. This is not easy. You will not always manage to strike the right balance between the amount of frustration that is useful to your toddler's learning and the amount which is too much.

When a tantrum does occur:

Prevent your child from hurting himself or hurting others during a tantrum

Don't scream or yell at your child

Don't argue with your child

Don't let the child feel rewarded or punished because of a tantrum

Don't let tantrums embarrass you into giving in to your child's demands in public

No matter how much you hate your toddler's tantrums, he hates them more! If your child has frequent tantrums, take heed. Toddlers who have a lot of tantrums are often lively children who are also highly intelligent. Remember, it's not easy being a toddler! The good news? As they grow up, they will grow out of it.

Until they are teenagers.

Anne Cavicchi is a Canadian wife and mother of one boy and two step-daughters. She also owns Annie's Maternity Corner where you'll find everything you need for pregnancy and baby! Great products, articles, information and more to see you through pregnancy and baby's first years at Annie's. <http://www.maternitycorner.com>

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