

Children's Tantrums, Episode 13



Power of Moms
A Gathering Place for Deliberate Mothers

With April and Saren

Ideas to prevent tantrums:

- provide quiet time
- give choices and power to children
- ensure hunger, tiredness, other discomforts are taken care of
- communicate expectations

Toddler Tantrum Dissolving Techniques:

- Barrel Hold: Toddlers do not have the ability to reason with so sometimes it is necessary to resort to the barrel hold. Just pick them up and remove them from the situation. Older children can be reasoned with, but until then it is mostly prevention focused. When things fall apart, remove them from that situation.
- Redirecting Attention: Let's go get a drink of lemonade!
- Stroller time: April tells how she would keep a small umbrella stroller with her wherever she was. When her son was injuring himself or others in a tantrum, she would buckle him up in the stroller and tell him, "As soon as you say 'Sorry Mommy' I will get you right out." It would take a while sometimes, but every single time he said "I am sorry".

Our goal is safety for everyone, so ask this question: "What can I do to help my child to keep him safe, the other children safe, and keep me in control of my emotions?"

Other helpful ideas:

- Give more love, especially when they are struggling. When children are acting out, it may be that they need to feel more love. Consequences are needed sometimes. But there are ways to provide structure and love at the same time, instead of adding anger fuel to the fire.
- Be a durable object—Tell yourself that you are always the immovable grown-up who will be unflustered and calm. It doesn't mean that we don't have boundaries or expectations, but it does mean that we can be stronger than the emotional storm our children are in.

- Blame the situation. Do not take the blame for other people's grumpiness or difficulties. This can help you be more patient and supportive of them because you won't be feeling guilty or at fault. Do not put the blame on the child. Most of the time the blame resides in the situation.
- Ignore tantrums. Sometimes letting their tantrum run its course, and ignoring it will help your child the most. The child will eventually stop the tantrum if it is not effective in getting them what they want.
- Even when our children are older, allowing them to express anger in some way is helpful. Ideas for this include mad scribbles, verbal expressions using "I feel" statements, and vent sessions alone in their room.

Help our children be able to self-identify reasons their irritability might be up, and then find resets that can help them recover emotionally. Some reset Ideas:

- 20 min of rest on their bed
- Reading in their room
- Bike ride around the block

Transcribed by Jessee Stewart