

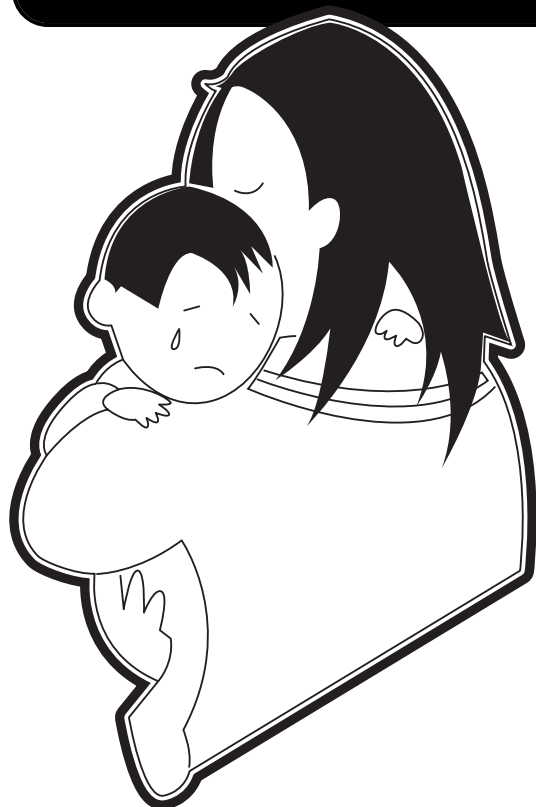
Never shake your child or pull him hard by his arm

*Shaking can cause life-long
brain damage.*

*Shaking can cause your child to be
blind or paralyzed.*

Shaking can even cause death.

*Hard pulling or carrying a child by
the arm can cause the elbow to
pop out of place.*



CH-45

Version française disponible



Temper tantrums



Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

Temper Tantrums

are normal
during the
toddler years!

Toddlers have tantrums for many reasons

- ▶ Because they have trouble asking for things.
- ▶ Because they have trouble expressing their feelings.
- ▶ Because they don't know many ways to solve problems.
- ▶ Because they get too tired, too excited or hungry.
- ▶ Because they need to let out their frustrations.

Here are some ways you can prevent temper tantrums

- ▶ Give your child toys that are right for her age.
- ▶ Stick to a daily routine. Keep activities, mealtimes, and bedtimes the same.
- ▶ Make sure she gets plenty of sleep.
- ▶ Make healthy foods and avoid junk foods.
- ▶ Set clear rules and be sure that she understands them.
- ▶ Don't give her a choice if she really doesn't have one: Use "It's bedtime!" instead of "Do you want to go to bed now?"
- ▶ Give her other ways to let out frustration (hitting a pillow, kicking a ball).
- ▶ Do not have temper tantrums of your own.
- ▶ Do not expect her to behave for long periods of time in adult situations, such as restaurants.
- ▶ Don't say "no" to her just because giving her what she wants would be inconvenient.
- ▶ Give her lots of warning before changing activities.

What to do if a tantrum happens:

- ▶ Stay with your child.
- ▶ Stay calm.
- ▶ Do not argue or shout.
- ▶ Do not try to reason with him.
- ▶ Keep him and others from being hurt.
- ▶ Put him in a quiet place until he calms down.
- ▶ Do not stop the tantrum by offering treats.

Some children hold their breath until they turn blue. Leave them alone and it will end naturally.

What to do after a tantrum:

- ▶ Stay calm and loving.
- ▶ Give your child something quiet and easy to do.
- ▶ Don't change your plans for the rest of the day because of the tantrum. Show your child you mean what you say.