

Temper Tantrums Chart

Type	What to Do	Example
Fatigue	<ul style="list-style-type: none"> • Meet child's need • Minimize all talking that may lead to conflict • Hold or rock your child 	Take your child to bed or a quiet area to rest as soon as possible.
Hunger	<ul style="list-style-type: none"> • Meet child's need • Minimize all talking that may lead to conflict 	Give your child something to eat as soon as possible, even if it's not a scheduled snack or meal time.
Illness	<ul style="list-style-type: none"> • Meet child's need • Minimize all talking that may lead to conflict • Hold or rock your child 	Give your child medical assistance when necessary.
Hypersensitivity (ie. Clothes, food, abrupt changes)	<ul style="list-style-type: none"> • Remove object causing sensitivity as soon as possible • Minimize all talking that may lead to conflict 	<ul style="list-style-type: none"> • If your child shoe is too tight, loosen it quickly. If it is a garment, take it off. Sometimes these children are sensitive to anything scratchy, like textures of clothing or labels on clothes. • If your child is sensitive to abrupt changes, give advanced warning, or a choice. "Tommy, we will be leaving in 10 minutes" or "would you like to leave in seven minutes or 10 minutes?"
Testing	<ul style="list-style-type: none"> • Do not give in • Bring child to self-quieting space • Leave the room • Do the unexpected 	<p>These are non-negotiable boundaries that you have set and your child is testing your limits.</p> <p>You can discern this type of temper tantrum because you will feel manipulated.</p>
Feels Powerless	<ul style="list-style-type: none"> • Refuse to negotiate until the child has calmed down and is respectful • Acknowledge anger • Win-win negotiate • Brainstorm solutions • Give child a sense of power • If negotiation isn't possible, fantasize with child about his unfulfilled desire 	<ul style="list-style-type: none"> • "When you calm down, I will be willing to discuss this with you" or "Please use your negotiating voice." • "I understand that you are angry." • "I want you to win and I would like to win too. How could we work this out so we could both win?" • Together write on a sheet of paper all possible solutions. • Ask yourself, "how can I give my child more power in an appropriate way right now?" • "Yes, I would like ice cream too. Two scoops of hot fudge nuts whip cream and a cherry on top. What would you have?"
Frustration (child is feeling overwhelmed with the task at hand)	<ul style="list-style-type: none"> • Check your expectations – are they too high? • Break down the task into accomplishable steps • Make sure the child knows how to follow the directions 	<p>If your child is having a difficult time with attending to homework, break it down into 10 minutes segments of homework and then five minute segments of play, 10 minutes of homework and five minutes to play, etc.</p> <p>Do this until the task is complete. Setting a timer for each segment of time makes it easier to follow.</p>