

# 6 Top Tips for Preventing Temper Tantrums

## **1. Ease into Transitions**

*Give a 5 minute reminder, begin to make the shift slowly, encourage behaviors that will make the switch easier (“Let’s work together to get your crayons picked up before we pick up your sister”)*

## **2. Acknowledge Feelings**

*“I know it makes you mad when we have to leave, but we need to get to the store for some milk.” Acknowledging your child’s feelings will let him know you’re sympathetic while also setting limits.*

## **3. Redirect Behavior**

*Instead of going into a battle with your child, give them something else to focus on. “Okay, can you be Mom’s helper and find your blue shoes?!”*

## **4. Offer Choices**

*Kids get tired of being told what to do, so they rebel. Even offering an easy choice of “Would you like to wear the blue or the red shirt” allows them some control over the situation.*

## **5. Use Quiet Words**

*We may find ourselves getting irritated and raising our voice when our kids pitch a fit. Instead, try talking to your child in a whisper. It reduces the volume and the power for “who is loudest.” This one is hard to do when you*

## **6. Stay Focused on the Goal**

*Think about the actual goal, the “final product,” before you interact with your child. Is the goal to get everyone in the car on time? If so, consider allowing your kids put their shoes on in the car while you drive.*

*I must admit, I’d get lost in the “have to” steps and I’d get so frustrated that reaching the actual goal seemed insurmountable! Learning to not be so firm on “how” things got done and focusing on “that they got done” reduced my stress tremendously.*



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