

This booklet is part of a range of publications produced by Hutton CE Primary School and offered to parents/carers as support materials. Please do not hesitate to talk to our class Learning Mentor Mrs Helen McCollum if you would like further guidance or support. Booklets in this range

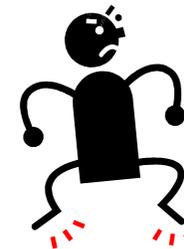
1. Tips for Good Listening.
2. How to give children more confidence.
3. Helping children to get on with each other.
4. Tips to remember when you need to make a stand.
5. Tips when giving your child instructions.
6. How to deal with difficult situations.
7. Tips for dealing with anger.
8. Tips for dealing with dishonesty.
9. Tips for dealing with tantrums.
10. How to help children be good.
11. Childhood Illnesses & head Lice.
12. Tips on using Technology
13. Tips on using Gaming Devices
14. Tips on using Mobile Devices
15. Tips on reward/behaviour charts.



# Parent Survival Guides

## No 9

### Tips on dealing with tantrums.



## 1. Prevent the tantrum. Include them



Eg, let them help make a shopping list. Give them the list and pencil to tick off the items or fetch the items for you,

Ok—I need to go shopping. I must make sure the kids do not get tired, hungry or bored. I'll go early and take some snacks, drinks, toys and comics.

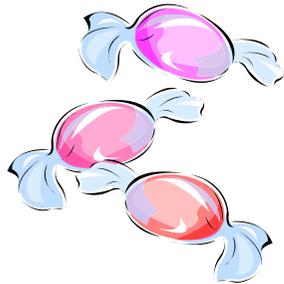
may grow to believe it and act like one.

## 2. Make routines and remind the child what's going to happen.

"Maxine, it's nearly bedtime. You have 5 minutes to play, then bath/shower, brush teeth, pyjamas, book/story and bed.



## 3. Stall them until you think it through.



"Okay, you would like some sweets love. Right—but let me just finish this phone call and then we'll decide."

## 4. Find other ways of saying "NO" and quickly distract with another idea.



"Crisps—what a great idea for later, but we need to eat lunch first. Did you know that carrots help you see in the dark? Eat them up and then we'll go under your duvet and see if it works!"

## 5. Always remind the child that tantrums get nothing and stick to this even in public.

It may be embarrassing but if you give in, they will act up again.



## 6. If a big tantrum does occur, stay calm and quiet. Leave the room if it's safe to do so.



Ask your child to tell you when the tantrum is over. When it is give them a big hug.