

HOW TO HANDLE YOUR CHILD AFTER A TANTRUM?



Follow up

After a few hours or days, bring up the incident to address details such as their triggers or why they reacted that way.



Teach

Teach them healthy ways to cope with their emotions.

Reconnect

Repair the relationship. Apologize to them, if necessary, and ask them to apologize to the person they hurt.



Make things right

Identify things your child can do to make it up to the person who was hurt.