

TIPS TO MANAGE YOUR TODDLER'S ANGER AND TEMPER TANTRUMS



POSITIVE AND CONSTRUCTIVE APPROACH

- Understanding and regulating a child's throwing behavior
- Strengthening your relationship with your child



REQUESTING AND INSTRUCTING

- Combining requests and instructions to prevent them from throwing objects
- Working with your child to help them cooperate with your requests

USING DISTRACTION METHODS

- Suggesting a break from throwing toys or things
- Diverting with other toys or doing simple activities (singing) together



POSITIVE ATTENTION

- Giving attention to good behaviors, when the child follows
- Praising children when they refrain from throwing anything

CALMING DOWN WITH TIME-IN

- Helping children cope with anger and temperaments
- Offering comfort and reassurance to calm your child



CHANGING ENVIRONMENT

- Changing the child's environment to prevent this behavior
- Shifting things that could trigger throwing behaviors

REFERENCE

Toddlers: behavior management tips & tools; Raising Children Network