

What are Tantrums, the Five Triggers and what you can do now.



Five Triggers of Tantrums

1. Hunger
2. Tiredness
3. Boredom
4. Immature brain
5. Parental stress
6. Intense emotions

Tantrums are intense storms of feeling. They are normal!! They usually happen as the Childs' brain is not yet sufficiently equipped to deal with powerful feelings in a socially acceptable way. They are important for brain sculpting too. Managing a tantrum will help them in later life to deal with stress and assertiveness.

It is really important they don't become a battle for winners and losers. It is important to keep calm.

Did you know that there are two types: one is called a "Distress Tantrum" and the second is "little Nero" (Margot Sunderland, What every Parent Needs to know 2014).

If your child is having a distress tantrum, you will notice that they are inconsolable and have lots of tears. It will feel as if their whole world has fallen apart. A "Nero" tantrum is full of fury and anger, they will not always be in floods of tears. It's important to manage them differently.

How to manage a "Distress Tantrum"

With distress tantrums to need to come forward to console them. You child will look really upset and is likely to be crying.

They cannot talk or listen at this time, they can only discharge feelings.

Try and remain calm. Tell yourself that you will get through it and you can cope.

Speak in soft calming words, if you can hold her. She will then feel she is safe.

When she is calm try to distract her with something fun.

Use simple words, do not give long explanations, for a child under five you may just have to hold them, they are not able to process what you have said as they are too upset and may be flooded with lots of adrenaline and cortisol.

Remind yourself that the distress is genuine, empathise with them as much as you can, this may help to minimise the distress and help them to regulate.



How to manage a "Little Nero Tantrum"

This is where you need to engage the Boss in you, This type of tantrum is about them getting what THEY WANT, through bullying you into submission. There is normally an absence of tears. The more you reward this, the more they will use this. It often initiates a negative cycle that neither of you can escape from. So, Don't give your child an audience. Simply walk out.

Don't try and argue or persuade the child.

Don't kiss it better

Don't negotiate. Give firm clear no's

Deal firmly with your child commands. If your child is screaming for a biscuit. Try saying I am happy to talk to you when your voice is as quiet as mine, and then get on with what you are doing

If they need to calm down, ask them to go into big feelings tent or big feelings chair..Ensure you follow through with the time in (1 minute for each age)

If they are not calm then place them back for one minute until they are calm.

On a general note, be really clear what your family rules are, (I have a free PDF on my facebook page) Inform your child what you do and don't expect, inform them in advance so they understand what the boundaries are in your home. Many parents forget that they can use praise and encouragement to change behaviour too. This will give you long lasting results and help you to have a better relationship with your child. in the longer term.

Happy Parenting With Love Catherine

Many parents struggle and attend my clinic in desperation, to prevent that now, click on here at

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With Love Catherine***