



Kalamazoo CAN
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www.KalamazooCAN.com

Tips for Having Fewer Tantrums

Offer an Alternative

Most children do not like to be told no. If your child wants to play with something that is dangerous or inappropriate, explain to him/her your reasons for not allowing this. Offer another thing with which the child can safely play.

Put Temptations Away

Put things with which you wouldn't like your child to play away. Children are not always satisfied with our saying "Do not touch that".

Redirect Your Child's Attention

If you notice any signs of trouble, try to draw your child's attention to something else. Comfort your child, invite him/her to talk about, rather than act out, upset feelings.

Do Not Overuse the Word "No"

Saying no to your child is not always needed. Letting children exercise their decisions over small things, builds their self-confidence.

Set Clear Limits

You can start with only a few rules. The more rules you have, the harder it would be for your child to remember them. A good start is to establish routines for bedtime, meals, chores. Routines help children feel safe. Give kids a chance to speak their minds. Listen to their thoughts and feelings. Even a child of five or six can talk to you and help you set fair limits. When children feel involved in making rules, they are more prone to obey them.

To learn more about child discipline and child abuse, visit the "Resources" section of our website at www.KalamazooCAN.com. Or call our office at (269) 552-4430.