

# Toddler Tantrums?

## Positive Parenting Can Help!

### Why do children often throw tantrums?

- Tantrums between ages 2–6 “Terrible Twos” are common and part of growing up
- Causes: being tired, hungry, not getting what they want, or feeling overstimulated
- Toddlers’ emotional regulation and expression skills are still developing, so they rely on crying or tantrums
- Some children are naturally more sensitive or impatient



### What is positive parenting?

It is based on love and respect, guiding children to develop abilities and character

The DEAR Principles:

**Delight in Togetherness:** Spend quality time together; interact more

**Encouragement and Praise:** Appreciate and praise good behaviour

**Appropriate and Assertive Guidance:** Set clear rules with a firm yet gentle approach

**Respect and Acceptance:** Understand and accept children’s feelings



### Tips to prevent tantrums

- Plan activities according to the child’s routine
- Give advance notice before transitions (e.g., “We’re leaving in 5 minutes”)
- Prepare small toys or items to avoid boredom
- Adjust expectations (toddlers may not sit still for long)
- Praise cooperation right away



### What to do when a child has a tantrum?

- Stay calm yourself first
- Observe the cause (tired? hungry? frustrated?)
- Help the child express feelings, e.g., “You want to keep playing, so you feel angry.”
- After they calm down, guide them to solve the problem
- Set clear rules and instructions, e.g., “It’s okay to be angry, but you cannot hit others!”



### Reminders for parents

- Avoid using electronic devices to soothe; let children learn emotional regulation and self-control
- Understand and accept your child’s traits and limitations
- Be flexible with plans and give advance notice to reduce emotional outbursts
- Spend joyful moments together while also taking care of yourself



**Responding positively to emotions = helping children learn emotional regulation + strengthening the parent-child relationship**

**Positive parenting helps children develop emotional regulation and self-control, promotes healthy parent-child bonds, and supports happy, healthy growth.**

