



Y.M. & Y.W.H.A. of Williamsburg, Inc.
Parenting Series Workshop



Managing Temper Tantrums and A Transition Review

Presented by: Jeanne Rooney, PhD

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Agenda

Temper Tantrums

1. Temper Tantrums – general characteristics
2. Typical behaviors
3. Causes of temper tantrums
4. Concrete examples of Temper Tantrum Triggers
5. Parental responses and feelings
6. Tips on preventing and managing tantrums
7. Questions and/or comments

What Parents Should Know About Temper Tantrums

A Temper Tantrum is

- Normal aspect of child development
- Occurs most frequently and intensely toddlerhood through pre-school
- Is impacted by:
 - growing language skills
 - developing awareness of emotions
 - immature emotional regulation
- Are manageable

In Two Quick Seconds My Delightful Child Is..... Changed

1. What do tantrums look like ?
 - a. Whining, whimpering
 - b. Screaming
 - c. Kicking
 - d. Throwing themselves on the floor
2. When?
 - a. Anytime and often without warning
 - b. Often in public
 - c. When other adults are around



What Triggers Temper Tantrums?

Typically, tantrums arise from frustration with:

- Desire for independence
- Developing language skills
- Immature impulse control
- Recognizing their feelings and developing skills to manage those feelings
- Developing social skills

Do children plan temper tantrums?

More Specifically

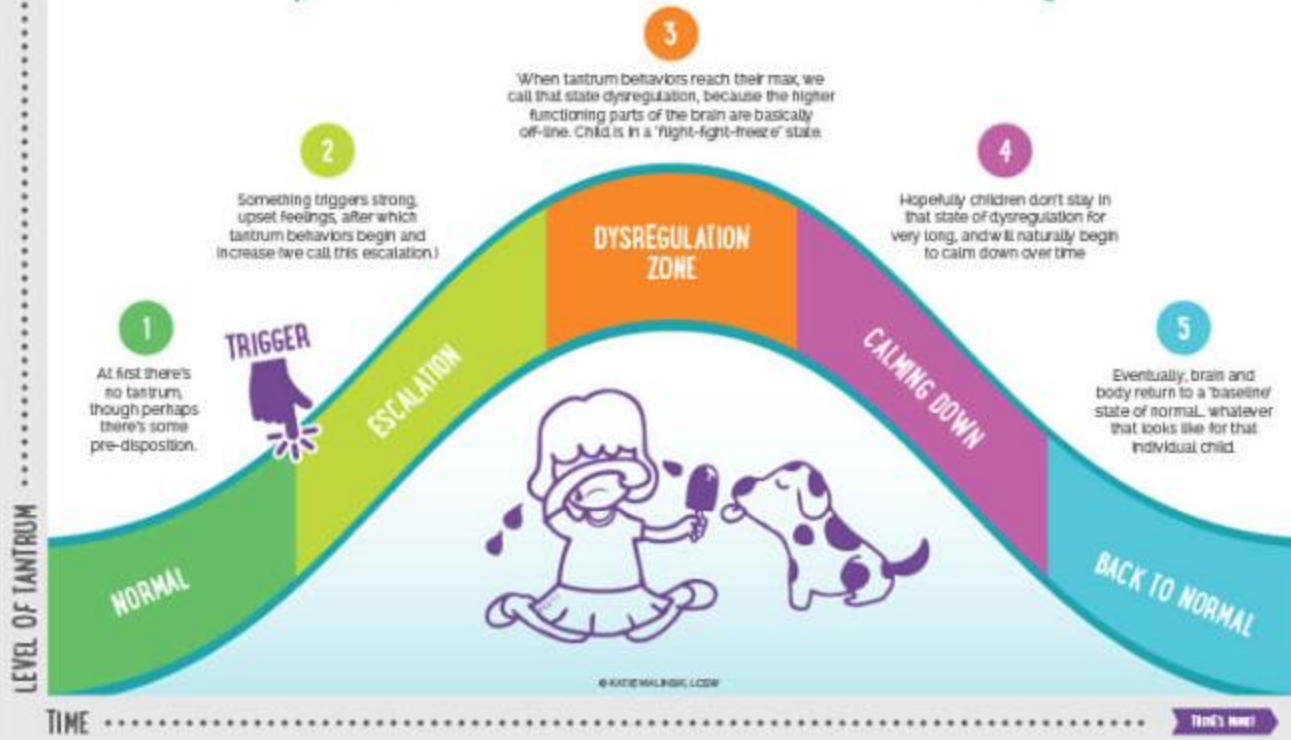
1. Tired or hungry
2. Want what someone else has
3. Need attention
4. Don't want to stop what they are doing
5. Don't know what they want and you are unable to read their mind

Emotion, Behavior, Skills

1. Frustration is an *emotion*
2. Frustration doesn't feel good- generally, it's something to get away from
3. How do children rid themselves of unpleasant feelings
4. *Behaviors* can have a negative impact
5. *These feelings and behaviors can be managed* (with practice and consistency):
 6. *Familiarity* – recognizing the feeling
 - Owning the feeling* (I feel frustrated)
 - Developing *self-calming* strategies
 - Thinking of a *solution*
 - Modeling

The Arc of the Tantrum

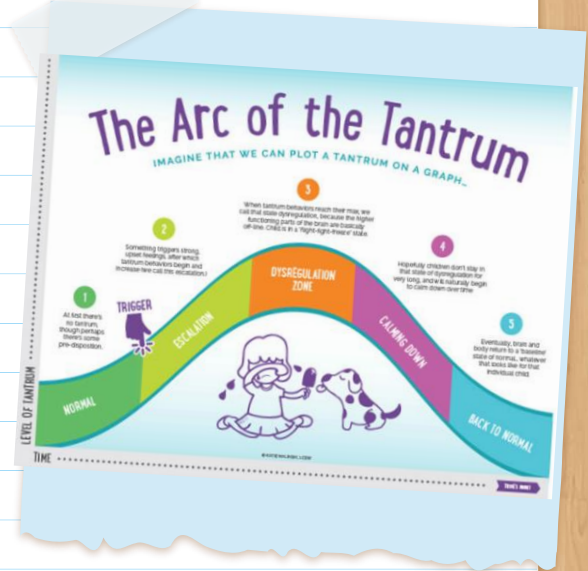
IMAGINE THAT WE CAN PLOT A TANTRUM ON A GRAPH...



Guiding Children Out of Tantrums

1. When they are *calm**, suggest strategies:
 - a. Ask for help
 - b. Ask for a hug
 - c. Wait and take turns
 - d. Trade toys/item
2. Distract them with a quick exercise or song
3. Read stories
4. Role play

* Before or after the tantrum



Managing a Temper Tantrum

1. Remain calm
2. Don't yell or argue
3. As best you can, Ignore the behavior but remain near by (on alert)
4. Once it's over, be sympathetic to their experience
5. Soothe them but don't give in to their demands
6. Talk to them about feeling frustrated
7. Encourage them to use their words when they feel frustrated
8. Suggest ways in which they can have their needs met
9. For our younger children and those without strong communication skills – children need physical comfort to calm down

Question
for the
Audience

How do you
feel during a
public
temper
tantrum?

Parental Responses

Typically:

1. Stressed
2. Will be judged unfavorably
3. Feel incompetent

Calm yourself – don't worry about bystanders opinions



What Parents Can Do to Avoid the Temper Tantrum

- Know your child, their health, their routines
- Try not to change their routine without warning
- Prepare them for changes
- Give them choices
- Distract them
- Praise good behavior
- Model managing your own frustrations

Tips to Avoid Temper Tantrums

1. Maintain a healthy diet
2. Create a routine
3. Talk to them
4. Teach them to communicate
5. Give them choices
6. Change direction- if you can

Common Situations

- Stopping an enjoyable activity
- Leaving the park
- Grocery shopping when hungry or tired
- Tantrums at the mall

Final Thoughts

1. Managing frustration/disappointment happens over many years – maybe a lifetime
2. Give yourself and your child:
 - Room to be *excited* about learning new things
 - Room to make mistakes
 - Room to *learn* from mistakes
3. Our workshops are planned to help you understand your child's social and emotional development and to make this phase of parenting easier.



**Questions/
Comments?**



Thanks to Sylvia for her graphics!



**As always,
thank you
for
joining us**