

Tantrums, Fussing & Whining

Most often these behaviors are caused by a child's inability to express or control his emotions. Tiredness, hunger, boredom, frustration and other causes that ignite The Big Three can frequently be avoided or modified. When your child begins a meltdown, try to determine if you can tell what underlying issue is causing the problem. Solve that problem and you'll likely have your sweet child back again.

Handling tantrums, fussing and whining

No matter how diligent you are in recognizing trigger causes, your child will still have meltdown moments. Or even meltdown days. The following tips can help you handle those inevitable bumps in the road. Be flexible and practice those solutions that seem to bring the best results.

Offer choices

Instead of saying, "Get ready for bed right now," which may provoke a tantrum, offer a choice, "What would you like to do first, put on your pajamas or brush your teeth?" Children who are busy deciding things are often happy.

Get eye-to-eye

When you make a request from a distance your child will likely ignore you. Instead, get down to your child's level, look him in the eye and make clear, concise requests.

Distract and involve

Children can easily be distracted when a new activity is suggested.

Validate his feelings

Help your child identify and understand her emotions. Give words to her feelings, "You're sad. You want to stay here and play. I know." Letting her know that you understand her problem may be enough to help her calm down.

Use the preventive approach

Review desired behavior prior to leaving the house, or when entering a public building, or before you begin a play date. Put your comments in the positive (tell what you want, not what you don't want) and be specific.

When it's over, it's over

After an episode of misbehavior is finished you can let it go and move on. Don't feel you must teach a lesson by withholding your approval, love or company. Children bounce right back, and it is okay for you to bounce right back, too.



*Give words
to feelings*

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