

To help your child develop positive behaviour ...

Frustrated with tantrums, whining and other behaviours? Positive parenting to the rescue!

First, a quick review of the [Five Types of Tantrums](#):

1. **Fatigue or frustration tantrums.** Child is hungry, tired, or frustrated by something they are trying to do.
Parent response: Provide nap or a snack. If frustrated, try to calm them down. Empathize with him ("Gee, that game sure is hard!"), and encourage or offer help.
2. **Attention-seeking or demanding tantrums.** Your child wants you to play with him even though you have guests over for dinner. Or he tells you to buy that toy -- right now. **Parent response:** Just say no. Your child may cry, yell, and pound the floor. Smile, and say you love them. Put them in a safe place, and offer to talk again when they're calmer.
3. **Refusal or avoidance tantrums.** "Time for a trip to the store!", your child says, no. No is the answer to *everything* you suggest.
Parent response: Go easy. Let your child skip the activity if it's not a big deal. Avoid yes/no situations, give them warnings when transitions are about to happen, "Time for bed!" is abrupt. "Sweetie, 10 minutes till bedtime" gives them time to adjust.
4. **Disruptive tantrums.** This is that shrieking and throwing themselves on the ground kind of tantrum for attention (not the same as rage tantrums, see below)
Parent response: If you are at home, time outs. If you're not at home, take them away from the situation.
5. **Rage tantrums.** Your child loses control physically as well as emotionally -- screaming, kicking, and striking out. You think they could harm himself or others.
Parent response: Hold your child if they'll let you. Some children are frightened by the intensity of their own feelings. Be your child's anchor; even if they have lost control, assure him that you won't.

More information? Parents and caregivers can help their children build positive behaviours and limit the inappropriate ones Watch this 7 minute presentation on [Encouraging Positive Behaviors in Young Children with Special Needs](#)

Multilingual Positive Parenting Booklets available [here](#)

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