

# 5 TIPS FOR TODDLER TANTRUMS



- 1** Stay calm and use a neutral tone of voice
- 2** Teach children to recognize and communicate emotions
- 3** Practice calming methods, like taking deep breaths or counting
- 4** Watch for signs that a child is getting upset and address emotions in the moment
- 5** Remind yourself that learning to deal with difficult feelings is a part of growing up