

# Training Wheels Needed<sup>SM</sup>

presents

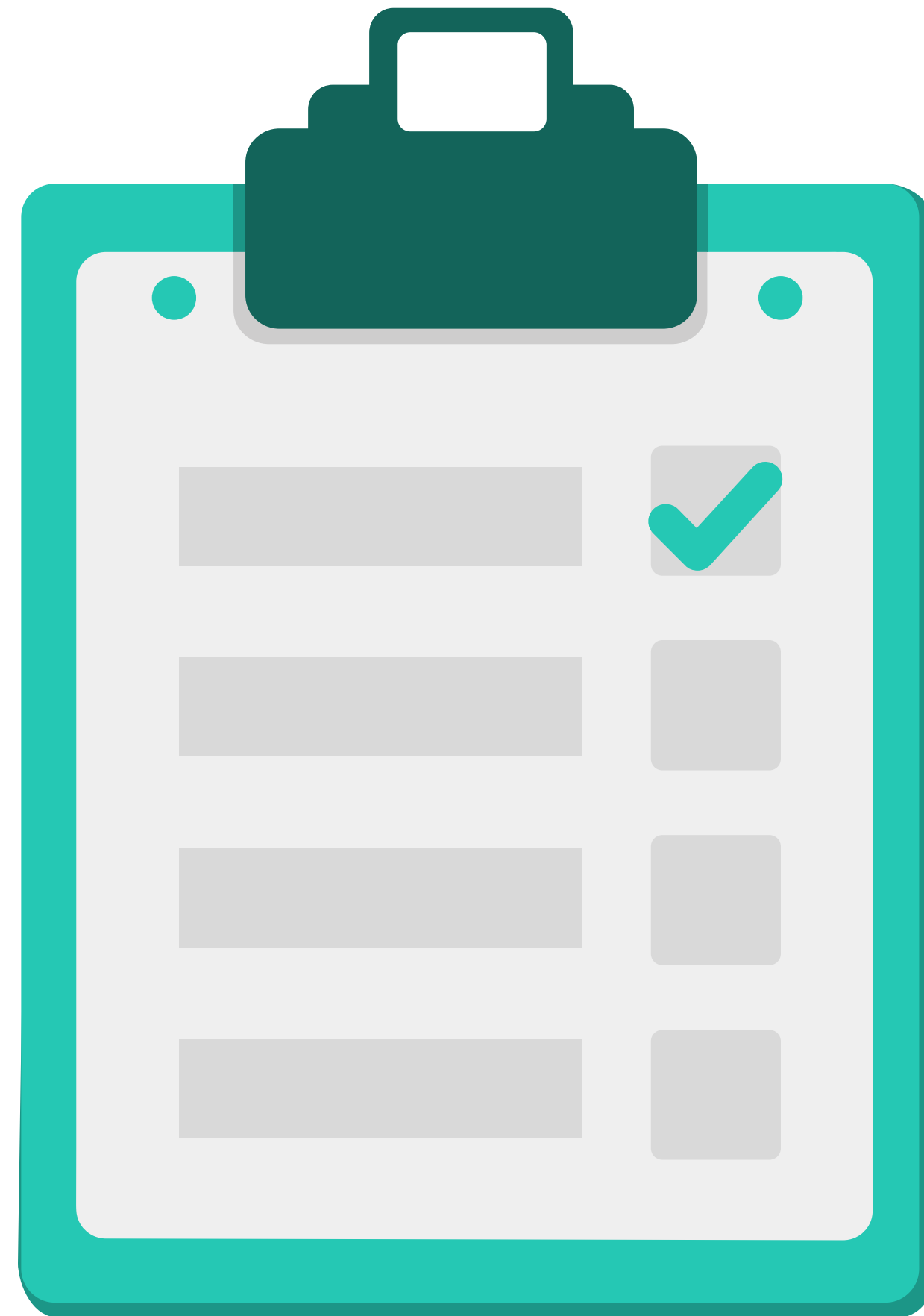


*Bye, Bye Tantrums*

SCREAMING HITTING RAGE CARRYING-ON  
CRYING POUTING WHINING SOBBERING  
HISSY FIT FURY TANTRUM HISSY FIT  
BLOW UP KICKING SULKING  
COME APART Hysterics MELTDOWN  
SOBBING POUTING RAGE EXPLOSION WHINING  
SCREAMING CARRYING-ON



# Goals for Today

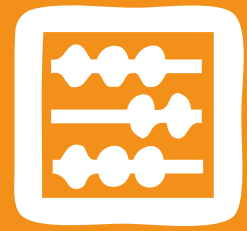


- 1 Understand why tantrums happen
- 2 Be able to spot the triggers
- 3 Learn three strategies for preventing tantrums
- 4 Learn five strategies for ending tantrums



BYE, BYE TANTRUMS

# What Is a Tantrum?



**LEARNED  
BEHAVIOR**



**CONDITIONED  
RESPONSE**



**OVERWHELMED  
WITH EMOTION**



**REACTION TO  
A SITUATION**



BYE, BYE TANTRUMS

# Developmental Ages



✓ 12-18 Months

✓ Tantrums can begin

✓ 1-2 Years

✓ Lack of communication and control

✓ 3 and Up

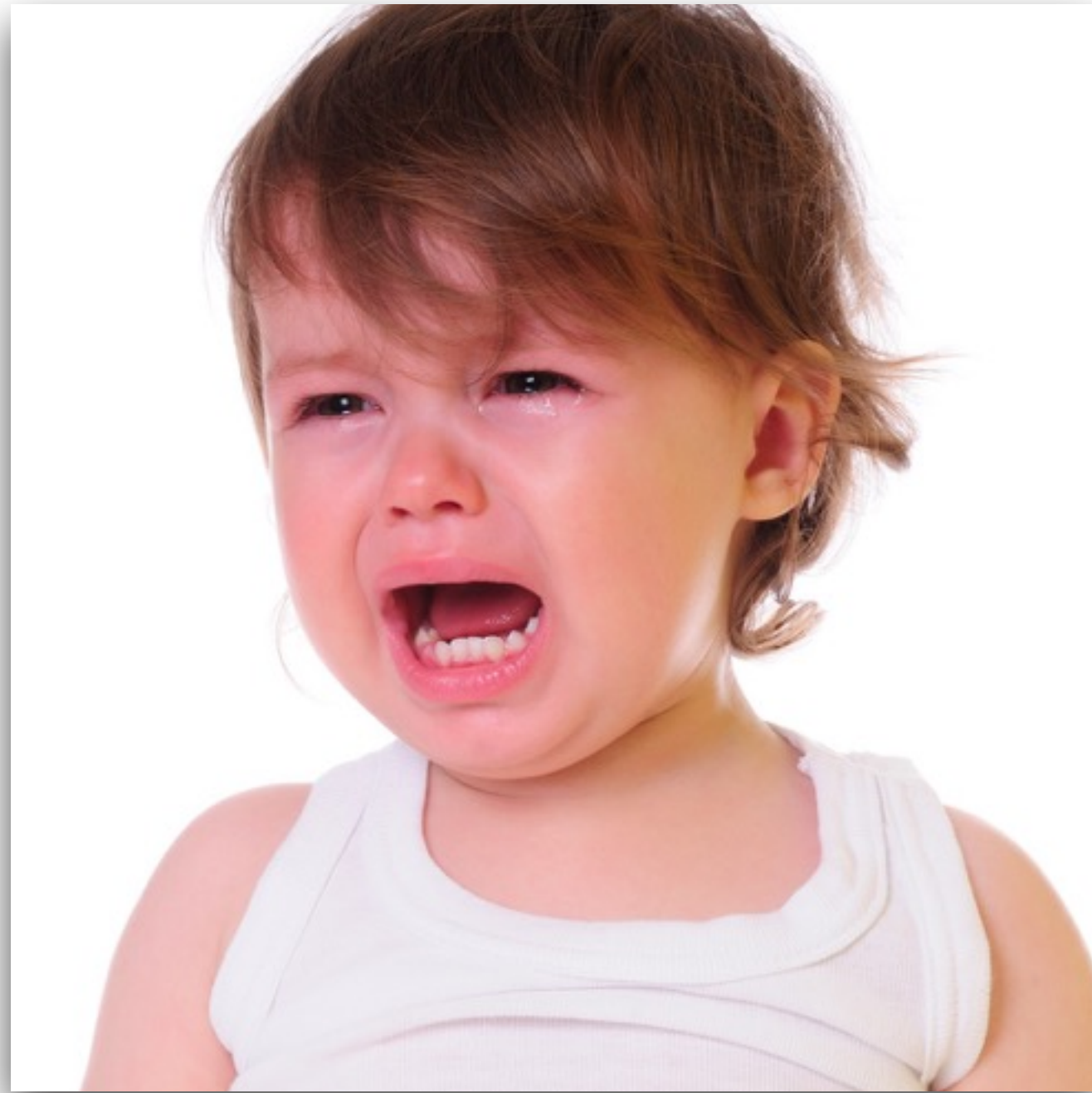
✓ Power struggle  
✓ Need to assert independence

*Too many limits / Not enough limits*



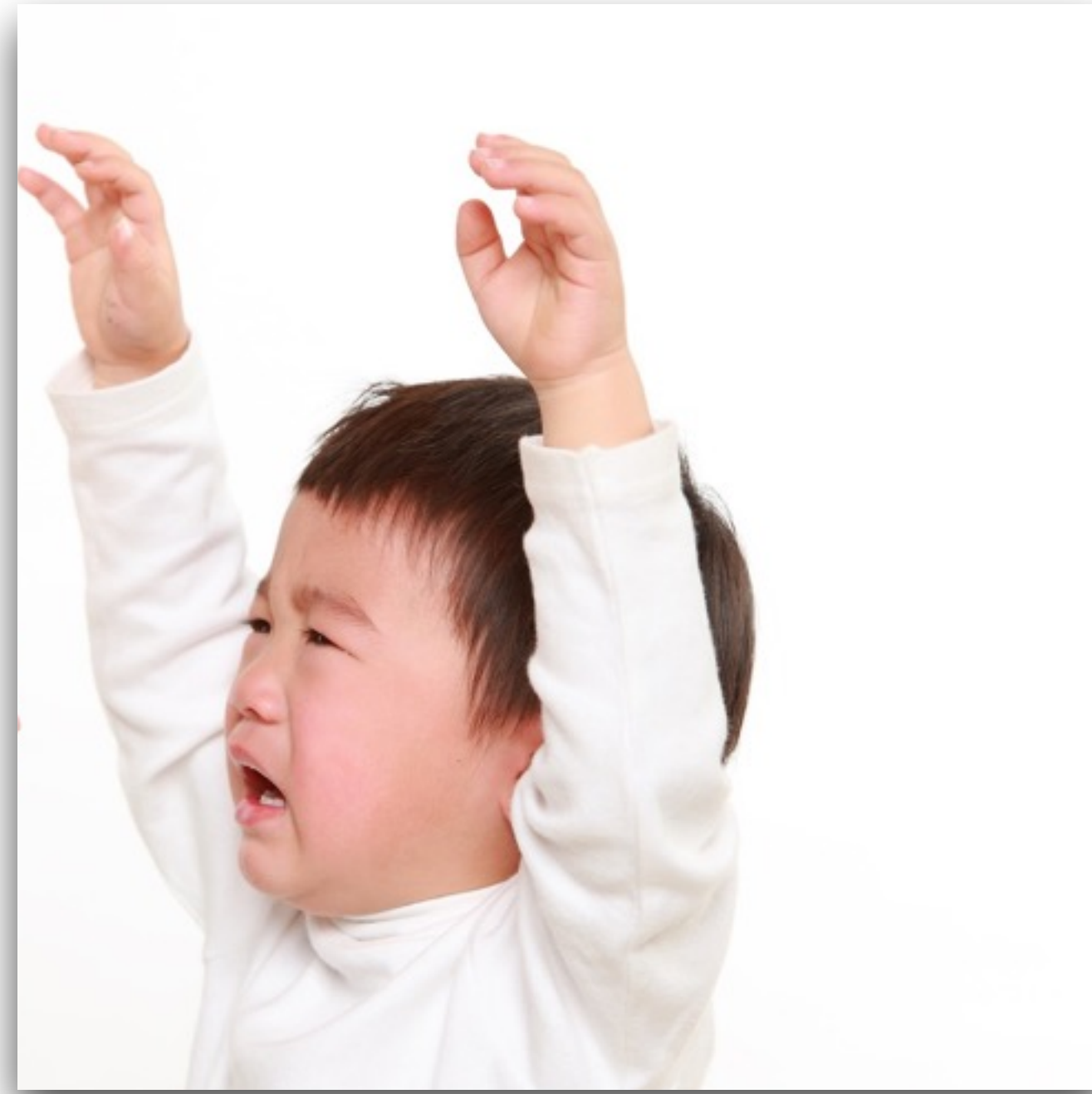
BYE, BYE TANTRUMS

# Kinds of Tantrums



## Meltdown

The child is overwhelmed, frustrated, out of control, screaming, crying, kicking.



## Transitional

The most common kind of tantrum, when you ask the child to stop doing something that they are having fun doing.



## Dramatic

NO tears, acting out to get their way.

BYE, BYE TANTRUMS

# The Good News



Most tantrums are predictable



Self-control can be developed

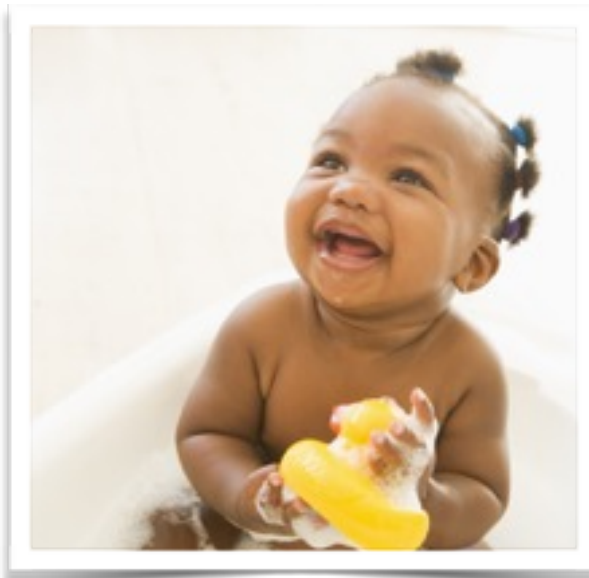


Help is available!



BYE, BYE TANTRUMS

# PREVENTION: Know the Hot Spots



TRANSITIONS



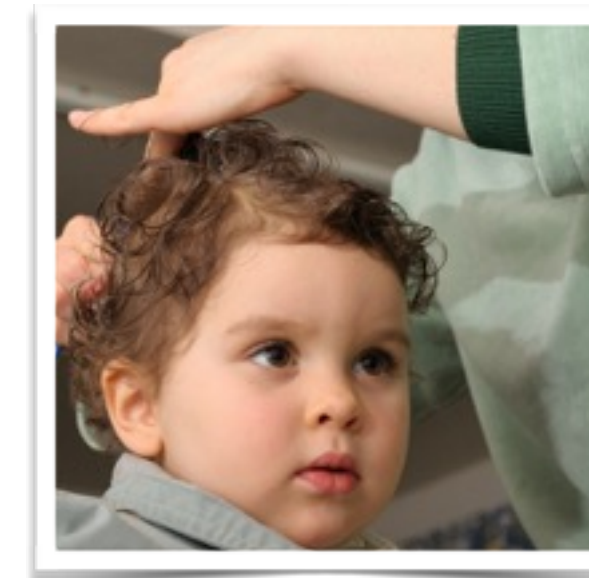
IN THE CAR



ERRANDS



DOCTOR'S OFFICE



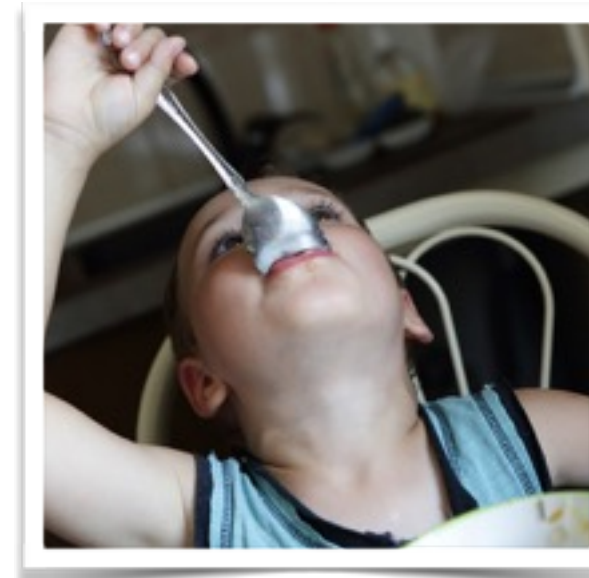
HAIRDRESSER



RESTAURANT



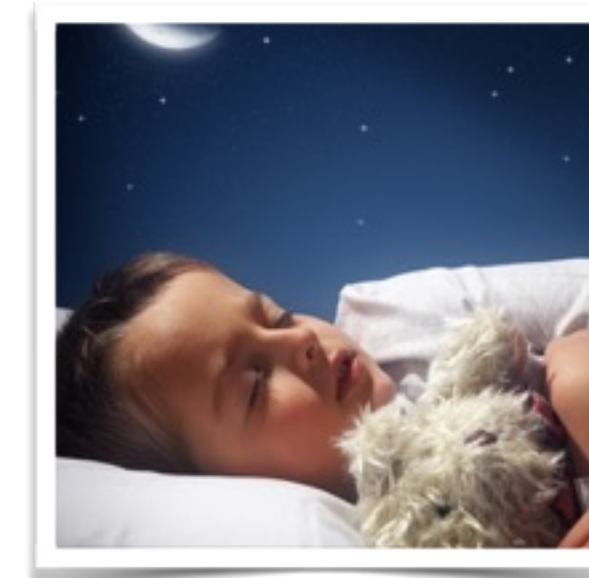
GROCERY STORE



DINNER TABLE



ON THE PHONE



BEDTIME

*Whenever the stakes are high!*





# Prevention: Know the Triggers



# Prevention: Mindset



Be consistent

Set realistic expectations

Learn anger-management and self-soothing techniques

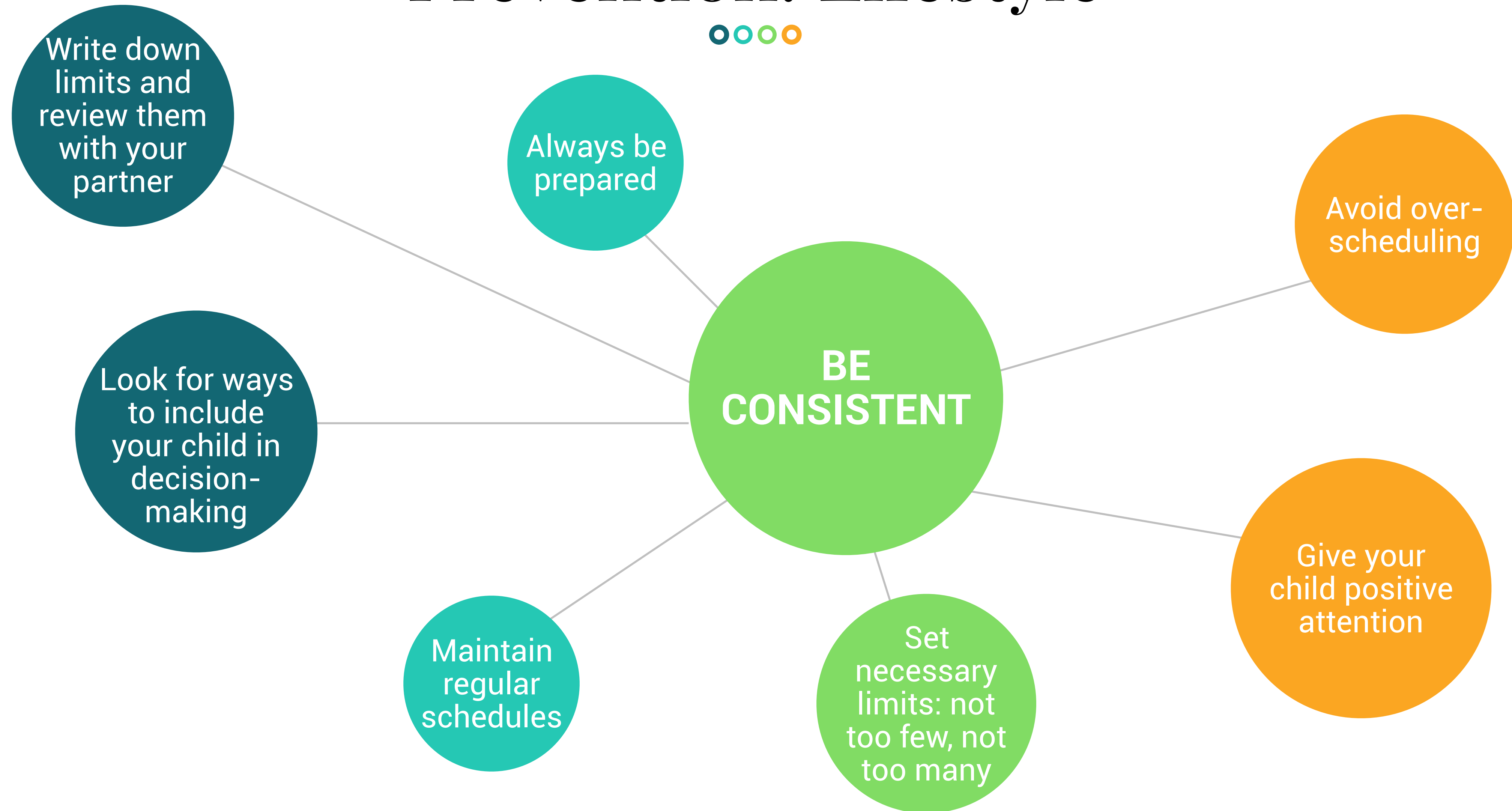
Give a warning time before a transition or request

Think of times you can say “Yes”

**DID WE MENTION, BE CONSISTENT?**



# Prevention: Lifestyle



*Make sure a child isn't bored, tired, hungry, or over-stimulated before making requests!*

BYE, BYE TANTRUMS

# Prevention: Bye, Bye Tantrums



**Card Deck  
for  
Parents &  
Children**

**Cards Show  
Expected  
Behaviors**

**Cards for  
Each  
Hot Spot**

**Follow  
Through  
With Rewards**

*Be consistent!*



BYE, BYE TANTRUMS

# Bye, Bye Tantrums Card Deck



	<p>sit still</p> <p>travel</p>	<p>seat belt on</p> <p>travel</p>	<p>hold hands</p> <p>travel</p>	<p>walking feet</p> <p>travel</p>	<p>hands to yourself</p> <p>travel</p>	<p>brush teeth</p> <p>getting ready</p>	<p>brush hair</p> <p>getting ready</p>	<p>stop</p> <p>getting ready</p>	<p>wash hands</p> <p>getting ready</p>	<p>get dressed</p> <p>getting ready</p>	<p>bath time</p> <p>getting ready</p>
<p>potty</p> <p>getting ready</p>	<p>put on coat</p> <p>getting ready</p>	<p>clean up</p> <p>getting ready</p>	<p>pj time</p> <p>getting ready</p>	<p>shoes &amp; socks</p> <p>getting ready</p>	<p>hands to yourself</p> <p>shopping</p>	<p>walking feet</p> <p>shopping</p>	<p>hold hands</p> <p>shopping</p>	<p>sit still</p> <p>shopping</p>	<p>use your words</p> <p>shopping</p>	<p>inside voices</p> <p>shopping</p>	<p>be a good helper</p> <p>shopping</p>
<p>stay in cart</p> <p>shopping</p>	<p>use your words</p> <p>mealtime</p>	<p>inside voices</p> <p>mealtime</p>	<p>wash hands</p> <p>mealtime</p>	<p>sit at the table</p> <p>mealtime</p>	<p>take a bite</p> <p>mealtime</p>	<p>hands to yourself</p> <p>mealtime</p>	<p>pj time</p> <p>bedtime</p>	<p>voices off</p> <p>bedtime</p>	<p>night night light</p> <p>bedtime</p>	<p>stay in bed</p> <p>bedtime</p>	<p>pick a book</p> <p>bedtime</p>



BYE, BYE TANTRUMS

# Bye, Bye Tantrums Card Deck



seat belt on



travel

hands to yourself



travel

hold hands



travel



# Prevention: Bribes vs. Rewards



Reactive	<i>vs.</i>	Proactive
Reinforce acting out	<i>vs.</i>	Reward good behavior
Last-ditch efforts	<i>vs.</i>	Planned in advance
Offered in frustration	<i>vs.</i>	Thoughtfully considered
Child is in control	<i>vs.</i>	Parent is in control
Reinforce negative habits	<i>vs.</i>	Develop positive habits
Emotional	<i>vs.</i>	Rational
Given resentfully	<i>vs.</i>	Given proudly

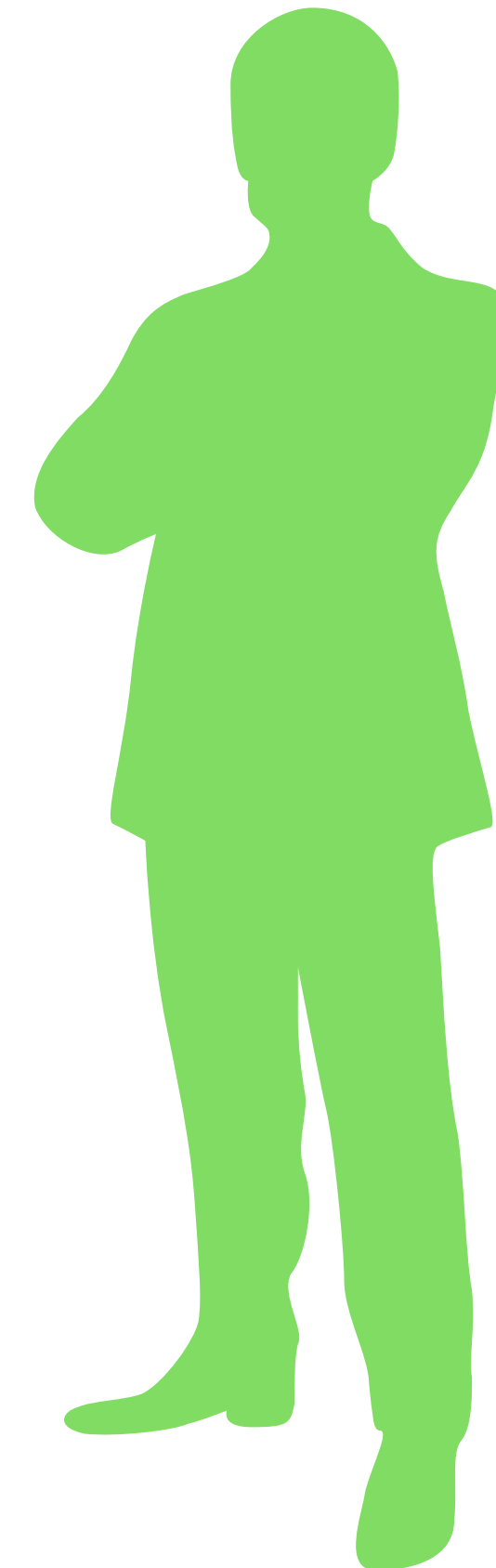
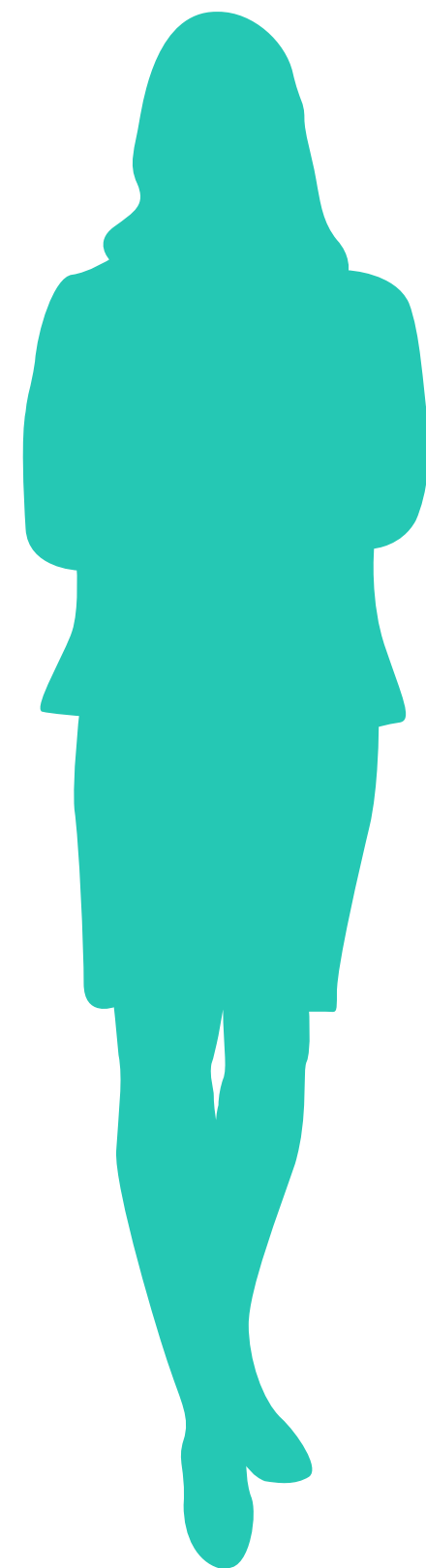


BYE, BYE TANTRUMS

# Management: Attitude



STAY CALM



SPEAK SOFTLY

STAND YOUR GROUND



MODEL POSITIVE BEHAVIOR

NEVER USE PHYSICAL  
PUNISHMENT FOR TANTRUMS



DON'T NEGOTIATE

AVOID FIGHTING BACK  
OR SHOWING ANGER



OUR OVERALL GOAL:  
KEEP THE CHILD SAFE



*Work together to be consistent!*



BYE, BYE TANTRUMS

# Management: Tactics



Offer distractions:  
humor, games



Silent treatment or  
cold shoulder



Power of touch



Offer an  
alternative solution



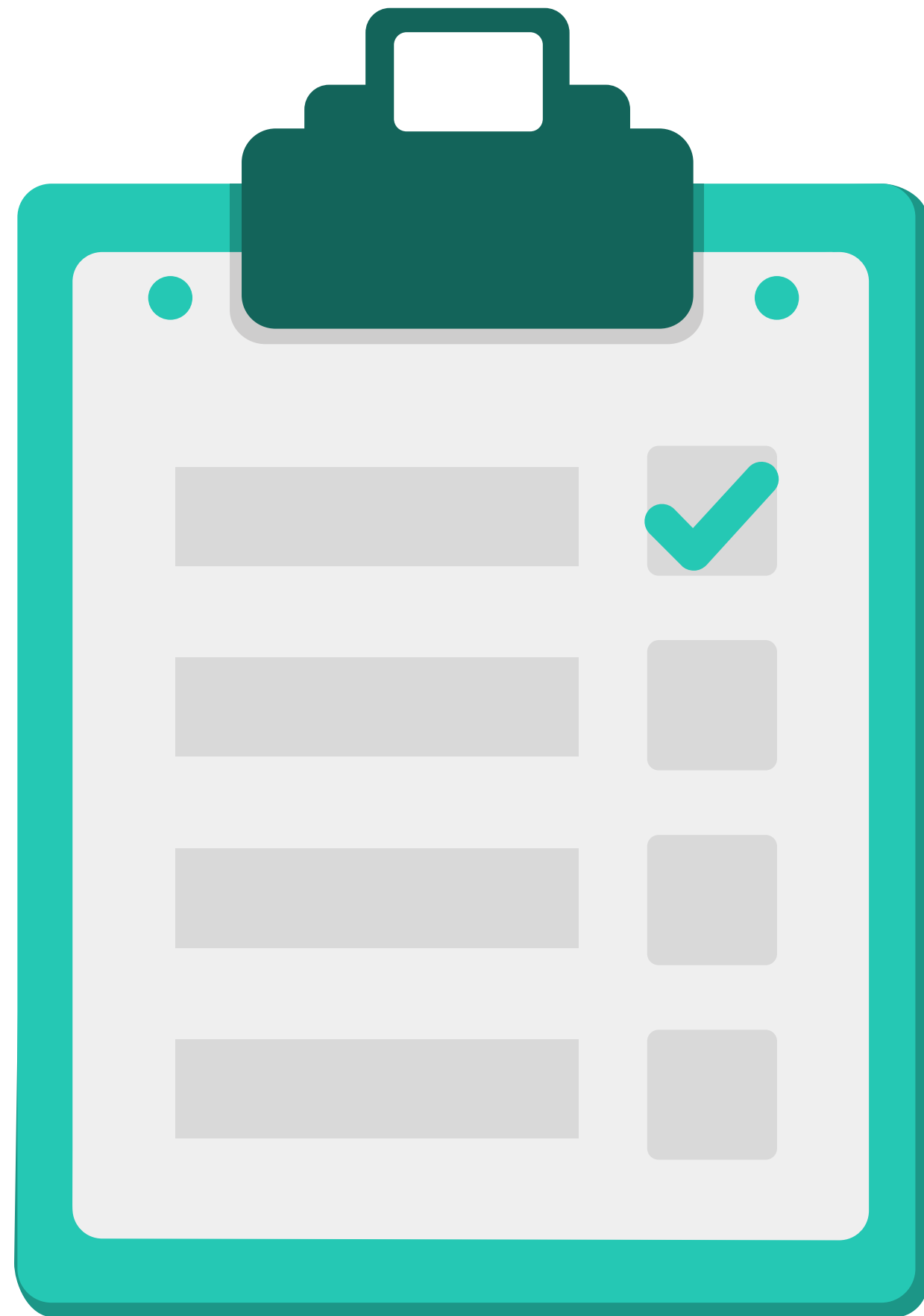
Take a timeout with your child,  
remove them from the situation



Drive-thru rule



# Takeaways

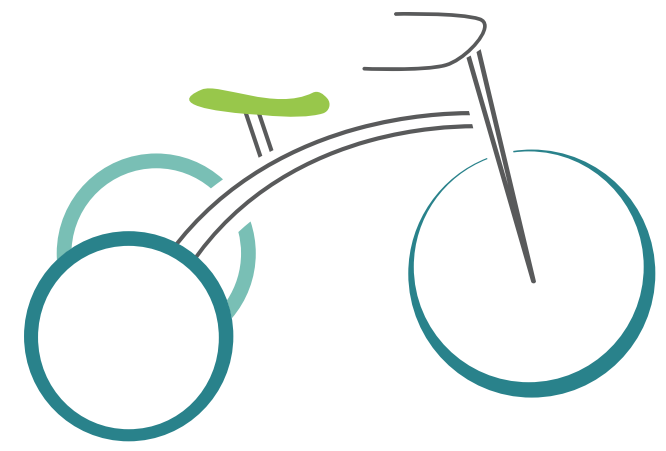


- 1 Be consistent!**
- 2 Know the hot spots & watch for the triggers**
- 3 Practice self-control**
- 4 Use a system and BE CONSISTENT**



# I Have Butterflies In My Tummy: Charlie's First Day of School





# Training Wheels Needed<sup>SM</sup>

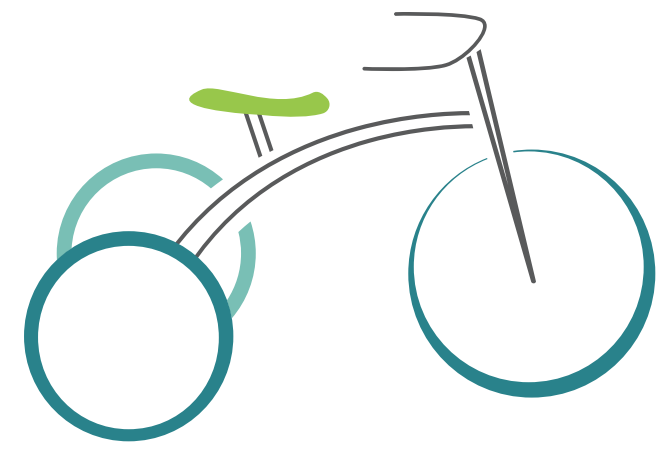


Bye, Bye Tantrums Card Set  
\$9.99



I Have Butterflies In My Tummy DVD  
\$6.99



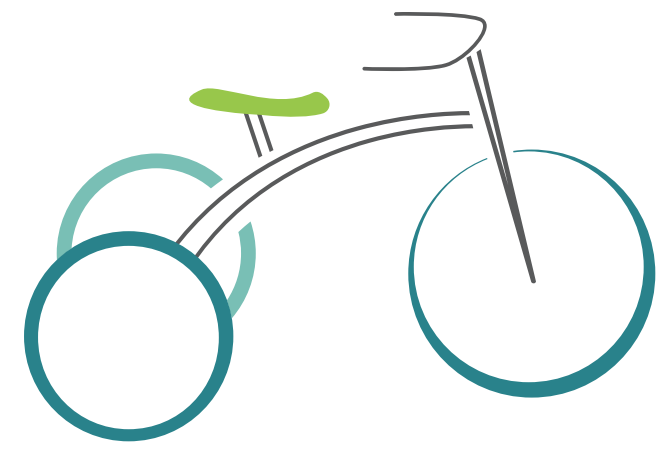


# Training Wheels Needed<sup>SM</sup>

[www.trainingwheelsneeded.com](http://www.trainingwheelsneeded.com)



*Bye, Bye Tantrums*



# Training Wheels Needed<sup>SM</sup>

[www.trainingwheelsneeded.com](http://www.trainingwheelsneeded.com)



[facebook.com/wheelsneeded](https://facebook.com/wheelsneeded)



[@wheelsneeded](https://instagram.com/wheelsneeded)



[@wheelsneeded](https://twitter.com/wheelsneeded)



[pinterest.com/wheelsneeded](https://pinterest.com/wheelsneeded)

*Bye, Bye Tantrums*