



Parenting Survival Tips

Tantrums? Disobedience? Super-Activity?

Whatever the cause of your toddlers problems, the solutions are largely the same.

● **Don't ask for more trouble.**

Don't do shopping when you are both irritable, it's a recipe for disaster. Plan your trip when they aren't tired or hungry and you are feeling OK. Make several shorter trips rather than one mammoth one.

● **Distraction**

The best way to stop a tantrum is to catch it before it takes hold. Work on your distraction techniques. Point to something and really exaggerate your interest, 'wow, look at that bird' or 'what a lovely worm'! You'll sound ridiculous, but if it works - who cares!

● **Be consistent.**

If your not consistent you will confuse your toddler and they will learn to exploit inconsistencies.

● **Stay cool.**

Try not to lose your temper or take tantrums personally. Anger and a head-on confrontation will only make it worse.



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- **Don't give in**
'No' must mean precisely that. Don't bribe with cuddles or sweets as this will only teach that tantrums pay.
- **More upset than angry?**
It might be worth holding him firmly, as long as you are not feeling angry yourself this can reassure your toddler.
- **Praise the good things they do**
Limit the 'no's and don'ts.
- **Teach your toddler to concentrate**
Start off with a game to encourage your toddler to finish it by themselves.
- **Look at your toddler**
Get eye contact when you talk. Keep instructions short and make sure they're listening.
- **Give them a cuddle**
As soon as they have come out of their mood, and leave the subject alone. They're likely to be upset and need reassurance that you still love them.

