

# Another Temper Tantrum!

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It has been a long week of challenges. First your child is sick. Then you get sick. A water pipe breaks and your car needs a tow for a maintenance service. What can a parent do to manage their children's unhappiness when these disruptive events contribute to their temper tantrums? When I am having a bad day with lots of stress and children's temper tantrums, I enlist the "Five A's of Parenthood":

## The Five A's of Parenthood

Accept: You and your child can accept that it has been a challenging day and you can tell her that you accept her frustration and it is ok that she is angry, sad, and needs to express herself. You can also set boundaries on where she can have her tantrum or you may choose to walk away and then return once

she calms down.

Appreciate: Help your child relax and reflect on life. When all else fails, have your child state three good things that have happened to her during the day. If she cannot remember anything good, I will tell her that she is loved by me, she is loved by her favorite snuggly toy, and she has a loving family.

Accomplish: Once your child calms down from her tantrum and you are feeling positive, you can give her a job that will help you. My child loves to unload the dishwasher which is a huge help for me and very appreciated by the family.

Acknowledge: Once your daughter completes her task, tell her how much she has helped you and how careful she is when completing her job. This support and acknowledgement will reinforce a positive relationship between both of you.

Act: Once all is calm, consider how you can manage the rest of the day to minimize more stressful situations that can generate more temper tantrums.

## Parent Support

We are our children's primary teachers. We can teach our children resiliency skills when we model how to realign a difficult day and turn it into a pleasant and supportive day.

Happy parenting!

Mary Ann

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