

Temper Tantrums and What You Can Do About Them

Temper tantrums—just the thought of one is enough to make you cringe. Most parents agree that there is nothing quite like dealing with a kicking, screaming child.

It can bring out the worst in all of us and it can be difficult to handle. Did you know temper tantrums are a normal part of growing up? They happen for different reasons at different ages. Sometimes they take you by surprise and sometimes they are predictable.

There are no magic cures, but there are some successful techniques that can help.

For helpful tips check out these sites:

www.nasponline.org/resources/behavior/tantrums_ho.aspx