



A FREE HANDBOOK

Tantrums in kids

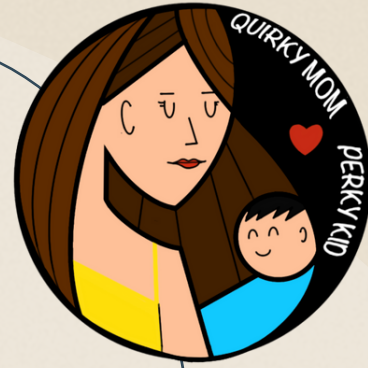
by

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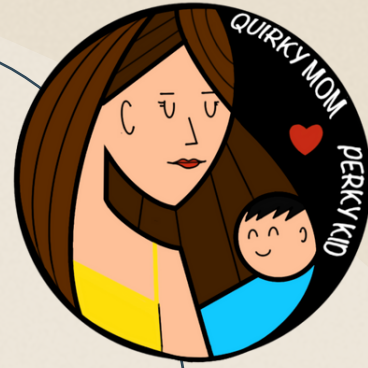
Why kids throw tantrums?



Kids experience a wide range of emotions, including anger. There are several reasons why kids might get angry which converts into tantrums:

1. **Frustration:** Kids may get angry when they encounter obstacles or challenges they find difficult to overcome. This frustration can arise from academic tasks, social interactions, or trying to master new skills.
2. **Unmet needs:** When kids' basic needs such as food, sleep, or attention aren't met, they may become irritable and express their anger.
3. **Lack of control:** Kids may feel angry when they perceive a lack of control over their environment or circumstances. This could include feeling overpowered by adults or rules they perceive as unfair.
4. **Emotional regulation:** Toddlers as well as older kids are still developing their emotional regulation skills. They may struggle to manage intense feelings of anger when they arise.





Why kids get angry?

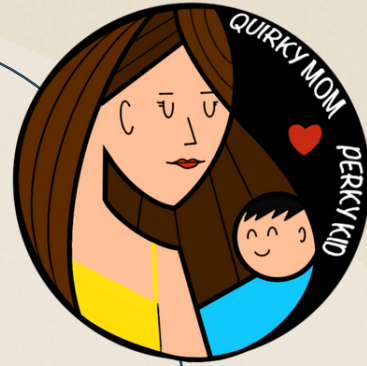
5. **Social dynamics:** Peer relationships and interactions can be sources of anger for kids. They may feel excluded, bullied, or misunderstood by their peers, leading to feelings of frustration and anger.

6. **Family dynamics:** Conflict or tension within the family environment can also trigger anger in kids. This could be due to disagreements with siblings, parents, or other family members.

7. **Stress or anxiety:** Kids may express anger as a response to stress or anxiety. They might feel overwhelmed by academic pressures, social expectations, or changes in their lives

8. **Modeling behavior:** Kids may learn to express anger from observing how adults and other role models handle their own emotions. If they see adults resorting to anger as a primary coping mechanism, they may emulate this behavior.





Meltdown vs Tantrum

Sensory Meltdown

Overwhelmed	Not related to not getting their way
Sensory Trigger	Fight or flight reaction
May "shut down"	Not Intentional

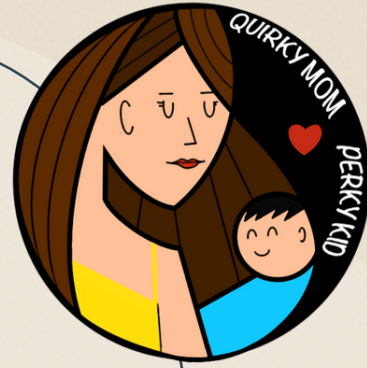
VS.

Tantrum

Trying to get their way	Controlling
Manipulative	May look for reactions from others
Testing Limits	Stops when they "win"



When You know the reason behind your kid's dysregulation, it is easier to manage it.



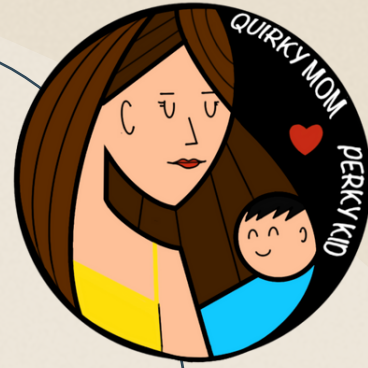
Anger Management

For Kids:

1. Teach deep breathing for calming down.
2. Teach them to seek help from elder instead of reacting
3. Encourage using words to express feelings.
4. Create a quiet-time spot for cooling off.
5. Offer comforting hugs when upset.

Patience and consistency are key! Help your little ones navigate emotions like champs!





Anger Management

What can you do as a parent when your kid is angry:

When our kids are intensely upset, they need to calm down before they can take in any information. So raising your voice at an upset child, or sending them away isn't the solution.

First, just be there. Be with them.

This alone is huge—it's a way to let them know that they are OK and safe, and not in trouble for having big feelings.

Next, acknowledge how your child is feeling.

A phrase like: "I know you're so mad right now," helps your child to identify what's happening.

It also shows them that we are there to support them, even when they feel overwhelmed, which builds connection and trust.





About Me

Everyone expects us to be a perfect parent but no one has ever taught us how to be a parent. We all have been using trial and error method by taking in advise from anyone and everyone. I have been there and realized that there is more to it.

I am Shambhavi Dhanvijay, a certified parent coach.

I can help you navigate through 'your' challenges of parenthood offering you tailor made solutions for your family.

I help empower parents to build positive relationships with their children, create effective communication, and foster a healthy family environment.

**Reach out to me for booking a free 20 min
one-on-one session**

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