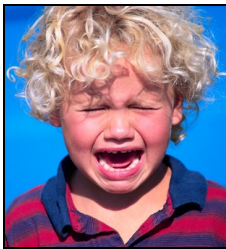


Laura Kiln PgDip (CBT) - Child & Adolescence, BSc Hons, RN, RM, RHV, NP, MHN

Laura is recognized internationally as an expert in the field of Parenting. She has 20 years of experience in working with children, adolescents and their families. This includes working at the Institute of Psychiatry in London and also the National Specialist Centre for Child and Adolescent Mental Health. Having four children herself, Laura understands the demands and dramas of raising a family!



TEMPER TANTRUMS



- Toddlers have tantrums; it's normal.
- They are learning how far they can push you.
- Often they want something and you can't understand what.

Distract them with something else. It's very effective. Toddlers live in the moment, for 'that moment' they really want what they have just seen!
Distract and they focus on something new.

PLAN

- As long as your child is SAFE, ignore this attention seeking behaviour.
- Ignore means no eye contact, touching or talking to him.
- Keep calm, take some deep breaths and remember - they grow out of it.
- He will soon get bored of having a tantrum without an audience.

ACTION

- When the tantrum stops, praise him for being good and give him lots of positive attention.

WARNING

- **Temper tantrums get worse before they get better!!**
- **YOU WILL SURVIVE THIS STAGE- PROMISE!**

Everyone needs a little help sometimes ...

The Stamp Out website at www.stampout.com.au provides articles, tips and help for parents in any location! For those local to the Central Coast (NSW, Australia) Stamp Out is located at Erina, providing one to one and group consultations.