



**IF YOUR CHILD HAS A TANTRUM**  
**YOU: Never yell back or spank**  
***That's a Bad Choice***  
**IT MAKES THE TANTRUM WORSE**  
**YOU: Never, Never fix it for them.**  
***It rewards throwing a tantrum.***



***Walk away, as long as no one is in danger of being hurt. This removes the attention of an audience.***

The tantrum will intensify before it weakens. Wait it out completely before returning

**You:**

↓ **OR** ↓

***Time yourself out—(might have to go to the bathroom and lock the door). Child must be calm for several minutes outside the door before you will come out. Her tantrum will intensify, outside the locked door, but it will subside eventually. You have to wait it out. Praise her for being calm and regaining self-control, when you come out.***

↓ **OR** ↓

**IF IN PUBLIC, GO HOME IMMEDIATELY. (YOUNGER CHILDREN CAN BE TIMED OUT IN THE CAR OR IN A BORING CORNER OF THE STORE).**

**IF THE INTENSITY OF THE TANTRUM ENDANGERS YOUR CHILD, YOUR PROPERTY, OR OTHER PEOPLE, GO TO A HOLD-DOWN IMMEDIATELY**



# TANTRUMS

**Tantrums are REWARDED by PARENTAL ATTENTION**

- **Concern**
- **Eye-Contact**
- **Questions**
- **Moving the Child to another location.....**

**All serve to give the child attention and reward the child for the tantrum**

**The Tantrum Intervention has 4 Steps:**

- 1. The Video**
- 2. The Message**
- 3. Prompts, when a tantrum starts**
- 4. Praise, when the child noticeably Controls or has controlled a tantrum**



# The Video

*The Video of a tantrum is ALWAYS paired with  
THE MESSAGE*

*The MESSAGE IS EXTREMELY IMPORTANT and  
must be PAIRED with the VIDEO*

*When video-recording a tantrum, stand  
some distance away so as not to further  
agitate the already combustible child.*



# The Message...4 Parts

- 1. I don't know who this is. This isn't you.**  
( Removes Blame)
- 2. I know who this is!! This is "Mr. Tantrum."** ( Gives the 'tantrummer' another name. Removes blame. Instills the idea that the child is possessed and has lost control of him/herself )
- 3. Look!! He/She is acting like a LITTLE BABY** ( "Little Baby" is aversive to the child's self-view )
- 4. I will never, ever, give in to Mr. Tantrum**  
(Allows the thinking part of the brain to process that this behavior will never get rewarded )



# PROMPTING

*PROMPTS ARE IMPORTANT. They remind the child about the Message to help his/her brain adjust BEFORE a full-blown meltdown occurs*

Each time after giving "The Message", when the child starts to slip into meltdown mode, remind them...

**"Oh no, There's Mr. Tantrum.."**

**And then DISCONNECT (Walk Away)**



# PRAISE

*Praise is positive reinforcement for a job well done. The parent is proud of their child's effort to control their former tendency to explode.*

Each time after your child noticeably holds back the explosion praise him/her...

**"You really got control of Mr./Miss Tantrum.." "You're the winner" "You're taking control and growing up."**

**And then give a BIG HUG and KISS**