

Tips for Managing Toddler Temper Tantrums

To help your child (and yourself) through the terrible twos, the [American Academy of Pediatrics](#) recommends the following:

1. Keep regular meal and sleep schedules. Less desirable behavior is more likely to happen when your child is tired or hungry.
2. Praise behaviors you approve of and ignore ones you want to discourage.
3. Don't spank or hit, and try to avoid yelling. You want to model nonviolent behavior for your child.
4. [Redirect or distract](#) when you can. Point out something funny or interesting when your child starts to whine or misbehave.
5. Keep rules simple and offer brief explanations. For example, tell your child they have to hold your hand when they cross the street because you don't want a car to hurt them.
6. Let your child have some control by offering a choice between two things. For example, you might say "Would you like to wear your blue sweater or yellow jacket today?"
7. Keep your toddler's home environment safe. If you don't want them getting into something, put it out of sight if you can.
8. Don't give in. Set your limits and be consistent. If that means your child has a full-blown tantrum in the grocery store because you won't buy a candy bar, simply remove your child from the situation and wait until things calm down. You won't be the first parent to leave a full cart in a random aisle.
9. Stay calm. Your child will feed off your stress. Count to 10 or take a deep breath, whatever helps you to keep your cool.

The terrible twos, which can actually extend into the threes and even fours, are a normal developmental phase. The tantrums and unruly behavior can be trying, but there are steps you can take to help manage your child's behavior.

Don't hesitate to consult with your child's provider if you feel you need help or you're worried something might be wrong.