

## THE THIRD CHAPTER

### Child tempers

Do not allow situations where a tantrum escalates out of control. Be in-tuned with your child. Don't allow the stage to be set for wild tantrums. Let the child realize that throwing a tantrum is not the way to get things done his or her way. Let them learn a reasonable way to reaching resolutions that is more peaceable. Explain to your child what s/he is feeling and thinking.

Reason with your child at best. (*This could be like running up a hill! But we have to regardless*)

### Time out

If outdoors keep a distance and fold your arms, tell him firmly he is not going to solve anything by yelling or screaming

If the temper escalates, bring him to the restroom, place him in the cubicle, close the door and tell him when he is calm then he can step out

At home, leave him to his bedroom

Setting boundaries is important to help them regulate their emotions

Sometimes 'Silence is golden' is very true

When going through turmoil, nothing can be heard or got through to your head,

A way to pacify the person is about being silently present

Set boundaries, be firm not alarming, where age appropriate - reasoning

Old adage if they dun fall down they don't learn

We cannot coddle our child too much

Expectations have to be set...