

# Terrible twos coming up? How to deal with toddler tantrums

Now they're walking and talking, your toddler's asserting their independence more and more every day, as well as developing a strong willpower! Here are some tips on how to deal with toddler tantrums.

- Children like consistency. Set clear rules and stick to them.
- Praise when they get it right, ignore when they get it wrong.
- Give them easy tasks they can do by themselves (putting on their wellies, tidying toys away).
- Give your child many opportunities for physical activity and exercise.
- Give your child simple choices about what to do (red or blue shirt, teddy or train, banana or apple).
- Instead of saying "No", give them something more interesting instead. This is called distraction or redirection. For example, "Why don't you try this instead?"
- Stick to a daily routine with regular meals, naps, playtime, and quiet time, whenever possible.
- Make sure their bedtime routine is calming and consistent.
- Keep shopping trips short to avoid boredom and public meltdowns.

- Try to distract when you see something brewing. Timed right, a silly noise, funny face, or toy-swap can stop a tantrum in its tracks.
  
- If it's too late and a tantrum starts, try to stay calm.
  
- Be comforting. Cuddles can crack the toughest nut. Sometimes a little security is all they need.
  
- Don't give in—your toddler's pretty smart and if they think it's worked, they'll try it again.
  
- Hug it out when it's over. Tantrums are a normal healthy sign of development and they won't last forever.

## Sources

Canadian Paediatric Society. Caring for Kids. Positive discipline for young children.  
<https://www.caringforkids.cps.ca/handouts/positive-discipline-for-young-children> Accessed September 2020.

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