



NC SEEDLING



Study to
Explore
Early
Development

North Carolina
SEED

**UNC-CH,
Department of
Epidemiology**

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www.NCSEED.org

Toddler Tantrums

It is normal for a toddler to have temper tantrums. To reduce the frequency, duration or intensity of your child's tantrums, try these tips:

- Know your child's limits. Your child might misbehave because he or she does not understand or cannot do what you are asking.
- Explain how to follow the rules. Instead of saying "Stop hitting," offer suggestions during play, such as "Why don't you take turns?"
- Take 'no' in stride. Do not overreact when your toddler says no. Instead, calmly repeat your request.

- Pick your battles. If you say no to everything, your child will probably get frustrated. Look for times when it is OK to say yes.
- Offer choices (whenever possible). Encourage your child's independence by letting him or her pick out a pair of pajamas or a bedtime story.
- Avoid situations that might trigger tantrums. Avoid long outings in which your child has to sit still or cannot play — or bring along a fun activity. Children are more likely to act out when they are tired, hungry, sick or in a new setting.

- Stick to the schedule. Keep a daily routine so that your child will know what to expect.
- Encourage communication. Remind your child to use words to express his or her feelings.

For more information on how to improve toddler behavior visit: <http://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/parenting-tips-for-toddlers/art-20044684?pg=2>



Acorn Treats Recipe

Ingredients:

- 1/2 cup semisweet chocolate chips
- 48 milk chocolate kisses
- 48 Nutter Butter Bites

Directions:

1. In a microwave, melt chocolate chips and stir until smooth. Spread the flat side of each kiss with a small amount of melted chocolate; immediately attach each to a cookie.
2. Cut a small hole in the corner of a pastry or plastic bag; insert a small round tip. Fill the bag with remaining melted chocolate. Pipe a stem onto each acorn. Place on waxed paper-lined baking sheets; refrigerate until set. ENJOY!

NOTES

- SEED has started enrolling families!
- Study progress will be reported in these newsletters as we get going!

