

THE S.E.C.R.E.T TO TANTRUMS

*WHEN YOUR CHILD ISN'T GETTING
WHAT THEY WANT...*



Let's talk about one aspect of TANTRUMS- Let's talk about those times when your children aren't getting the thing that they want (the food they can't have, times when they aren't allowed to do something because it's unsafe or could harm them in some way, screen time ending, etc.)

The S.E.C.R.E.T. strategy to TANTRUMS below is based on this foundation: FOLLOWING THROUGH with CLEAR BOUNDARIES.

I know a lot of times when our children are tantruming it's very easy to quickly give them the thing that they are wanting, or change the situation to feel like we're helping our child so that in the immediate- the tantrum stops... and life can go on.

But what ends up happening here is in the LONGTERM:

- Our children will continue to use this as a way to communicate. This is because, while navigating the world they're using the best tool they know- the tool that people respond to.
- With the best of intentions as parents we are creating a situation where our children realize that the tantrum in fact works to get the thing that they are wanting. In turn, leading to more tantrums as a form of communication.

We want to be clear for our children...

When we ***sometimes follow through*** and ***sometimes don't follow through*** with a boundary we've set, our children are not getting the clear predictability in their life that will help them make sense of the world around them and the people in their lives.

As tough as it may seem in the moment, I encourage all of you to try this strategy below with your children for 2 to 3 weeks and see the impact that this will make in your lives. The families I work with who have done this consistently, share major shifts in tantrums!

For Example:

Lovingly without talking over your child's screaming or crying. (*when there's a pause*).. continue to tell them that this is what has to happen right now, and even if they cry, Mommy or Daddy still won't change their mind. Express your love and your solid stance as you work through these moments.

The S.E.C.R.E.T. strategy to TANTRUMS on the next page will support you on this journey...

So WHAT'S the S.E.C.R.E.T.? ...

SET-Set the boundary.

EXPECT-Prepare for your child to tantrum harder or longer for the first few weeks. *Remember they're used to this working so they're going to keep trying until they get the thing they want. There has to be some unlearning here, meaning that our children have to unlearn this way of communicating to get what they want.

CONTINUE-Continue to follow through and stay strong with the boundary you have set. Remind yourself how much this will actually help both your lives!

REMIND-Remind your child how much you love them, and support them in the most nurturing ways you know how. This will be helpful to both you and your child through this experience.

EVALUATE-Evaluate your own emotions as you set the boundaries. Are you feeling good, comfortable, relaxed, or are you feeling tight, frustrated, annoyed? Evaluating our own emotional experience and making shifts in how we feel, will hugely impact how we are received by our child *and* how we implement techniques and strategies.

Replace negative thoughts or doubtful thoughts with this message to yourself: *"By following through with this boundary I am helping my child learn and work through a very valuable lesson in life- Sometimes we don't get what we want, and thats okay."* Helping them become easier with this will shift both your lives.

TRUST-Trust the process and your child. Your child will soon begin to realize and come to understand that when you say something is going to happen you mean it ,and they can rely on that predictability from you.

This is just a simple starting technique ♥

Most of all remind yourself that the reason you have created this boundary is because you are doing what is best for your child, you want to support your child and keep them safe, and you created the boundary from a place of love.