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Dealing toddler tantrums is not less than a herculean task to perform. Even parents those who are most easy-going get flustered and flummoxed thinking of ways to pacify their little oneâ€™s outburst. There may not be a big reason that led your little one to lose control; the mood outbreak may be even for a small thing, such as resisting taking bath, refusing to eat or sleep etc.

Whenever toddlers feel frustrated, they express it by hitting, kicking, screaming or throwing things. In such a scenario, it becomes difficult for parents to handle it. Though these displays are normal part of a child's development, but parents must help toddlers experience tantrums less often and with less intensity. This attempt can definitely make both toddlers and parents happier!

Temper tantrums are an inevitable part of a child's development. They can't be completely avoided. But with some extra efforts and ways, the amount of time your child spends in a tantrum can be reduced. Following easy tips for tackling such problem can prove to be beneficial in calming your little one.

â€¢ First and foremost thing â€“what parents must do is to stay calm and also try to calm the. Getting angry yourself will make things even worse and will make it harder to calm your toddler down. Use certain tactics for yourself, either counting up to ten, taking some deep breaths etc.

â€¢ Try and ignore him when he is displaying his tantrum. Mostly toddlers throw tantrums just to attract attention of parents and people around. If you wonâ€™t give any attention, he will definitely lose interest and stop the tantrum.

â€¢ Try to distract your child whenever he displays his tantrums. Start playing with a new toy or take him outside for a walk. Do whatever that will take your toddler's mind off the problem.

â€¢ Always reward good behavior of your child. If you consistently reward your toddler by giving something to 'make him feel betterâ€™ that will reinforce and strengthen good habits in him. Placing greater emphasis on their good behavior is the way to go.

â€¢ If your toddlerâ€™s temper tantrums increase in frequency, intensity, or duration, you should consider seeking professional help. Little screaming, biting and hitting are normal. But when child begins to frequently hurt himself or herself or others and becomes destructive, then it is alarming sign for parents. Parents need to keep tab on tab on toddlerâ€™s behavior from time to time, which is very important. Intense tantrum display can even harm his growth.

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Mother's Pride a Playschools is headed by the renowned educationist and sought after parenting expert Mrs. Sudha Gupta. As an educationist, she has single-handedly revolutionized a pre-school education. Motherâ€™s Pride is a No.1 nursery schools in india

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