



The Missing Piece to Understanding and Supporting Toddler Tantrums

Toddlers are going to have tantrums. There is no way around it. They have so much going on for them and they are learning how to communicate these things to you while also figuring out how to assert themselves into the world. Tantrums are a toddler's way of experiencing emotional release.

These are the 3 most important things you need to know about your toddler's tantrums.

- ⇒ Punishment does not work. It might scare your toddler to temporarily stop what they are doing but it does not teach your child about the behaviour nor what to do instead.
 - What punishment can do is indicate to your toddler that they're only welcome when they are happy and this will follow them throughout life either as people pleasing or pushing down their true feelings to avoid shame or punishment. By pushing feelings down, over time, this can lead to anxiety, depression or unhealthy relationships later in life.
- ⇒ You need to build connection by attuning to your toddler.
 - When we are in our limbic system, we CANNOT access our cortex and all it has to offer. The amygdala (part of the limbic system) has hijacked the upstairs brain at this point, the stress hormones flooding the child's body have completely stopped upstairs brain functioning in this situation we need to support our children by staying calm and anchoring providing them safety and security.
- ⇒ Remember my toddler isn't giving me a hard time; they are having a hard time.
 - Your perception of the situation will change the way you are able to respond to it. If you have the mindset that "here she goes again", "this is so annoying", "I am going to be late", "this again!" then the lens we are seeing our toddler from is one of impatience and anger and your toddler will know it.