

Temper Tantrums

Temper tantrums are a common experience for those raising or supporting young children. They are considered to be a normal part of child development often occurring for children who are one to three years old, but can continue past three years. Temper tantrums usually happen when a child is struggling to express their feelings, often frustration or upset.

Temper tantrums may be a normal aspect of child development, but they can be frustrating and stressful for parents, caregivers, and children. It can be challenging to figure out how to handle temper tantrums, check out the informative video and article from Nemours Kids Health to better understand how to support your children through temper tantrums.

Link: <https://kidshealth.org/en/parents/tantrums.html>