

# Tantrum Fit Of Temper Mini Dictionary Series

A tantrum is a sudden outburst of extreme anger and frustration. It is often accompanied by crying, screaming, kicking, and hitting. Tantrums are common in children, but they can also occur in adults.

There are many different factors that can contribute to tantrums. Some of the most common causes include:

- **Frustration:** Tantrums are often caused by frustration. This can be due to a variety of factors, such as not being able to get what you want, being interrupted, or being forced to do something you don't want to do.
- **Hunger:** Being hungry can also lead to tantrums. When you're hungry, your blood sugar levels drop, which can make you irritable and more likely to react to things negatively.
- **Tiredness:** Being tired can also make you more likely to tantrum. When you're tired, you're less able to control your emotions and more likely to react impulsively.
- **Stress:** Stress can also contribute to tantrums. When you're stressed, your body releases hormones that can make you feel anxious and irritable.

If you're dealing with a tantrum, there are a few things you can do to help cope:



## 19 English words with the letter T: 1. Tantrum = a fit of temper. (mini dictionary series)

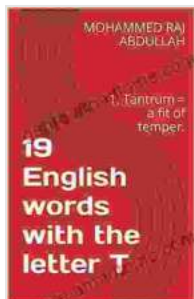
★★★★★ 5 out of 5

Language	: English
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Lending	: Enabled
File size	: 816 KB
Screen Reader	: Supported
Print length	: 466 pages



- **Stay calm.** It's important to stay calm when dealing with a tantrum. If you get upset, it will only make the situation worse.
- **Try to understand why your child is tantrumming.** Once you understand the cause of the tantrum, you can start to address it.
- **Set limits.** It's important to set limits for your child's behavior. Let them know that tantrums are not acceptable and that there will be consequences if they continue.
- **Be consistent.** It's important to be consistent with your discipline. If you give in to your child's demands when they tantrum, they will learn that tantrums are an effective way to get what they want.
- **Reward good behavior.** When your child behaves well, be sure to reward them. This will help them to learn that positive behavior is more likely to get them what they want than tantrums.

Tantrums are a common problem, but they can be managed with the right approach. By understanding the causes of tantrums and learning how to cope with them, you can help your child to learn how to express their emotions in a healthy way.



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