



The Parent Page

"Your community's best source of child care information and resources"

Fall 2010

Tantrums From a Parent's Perspective

By Roslyn Duffy

~Situation

I am having a problem with my three, nearly four year old son. He loves to play at his friend's house or have his friend over to play. The problem is that my son throws a complete fit when he has to leave his friend's house, or if it is time for his friend to leave our house. He yells, kicks, and throws himself to the ground. I end up carrying him off screaming (me as well as him!).

It seems when he is told "no" for whatever reason, he gets really mad and starts stomping his feet and yelling at my husband or me and throws a huge tantrum. I have tried to reason with him on a number of occasions, but it doesn't seem to be working. How can we avoid these outbursts?

~Solution

Your son does not want to quit playing, leave his friend's house, or have his friend leave his house. The word "no" almost guarantees a struggle. No matter what you do, your son may still throw a tantrum. Avoiding his tantrum is less important than managing not to throw one of your own. There are things that will help both of you. Practice preventive parenting, say "no" less often, and find ways to seek cooperation. Here's how:



Practice Preventive Parenting

- **Plan ahead.** Before allowing your son to go to his friend's house, discuss the expectations for leaving afterwards.
- **Involve him in the planning.** Ask him what needs to happen when you say it is time to leave.
- **Clarify expectations.** Tell him what you will do when it is time to leave. "I will gather up our things and head to the car. You may hold my hand or I will carry you."
- **Check it out.** Ask him to repeat what needs to happen when it is time to leave. "We hold hands when we go to the car." Congratulate him on responding accurately. He will enjoy feeling competent.
- **Do what you say you will do.** When time is up, gather up your coats, call to him, and head for the car. If he refuses, offer to hold his hand or carry him. Then do so. You might still end up carrying him while he resists, but it feels respectful to follow through on agreements. Stay calm. Now, at least, only one of you is screaming.
- **Discuss unacceptable behaviour.** Ask him what things are not okay to do if he does not want to leave. Continue asking him questions (resist telling him the answers). This allows him to feel empowered.

Giving appropriate power is the opposite of a power struggle.

Continued...

Burnaby/New Westminster 604-294-1109
 email: bnwccrr@vanymca.org
Tri-Cities 604-931-3400
 email: tricrr@vanymca.org



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the YMCA CCRR is funded by the Province of British Columbia

- **Practice the situation.** Consider role-playing leaving his friend's home, with each of you switching turns in the role of parent and child, with both appropriate and inappropriate behaviour. Children usually find this lots of fun.
- **Devise a private signal.** Decide on a signal to indicate when it is time to leave; humming a song, winking outrageously, or tugging at your earlobe. Make it fun!

Say "No" Less Often

- A big key to changing your son's pattern of defiance and resistance in response to being told "no" is to learn to say "no" less often. When we examine most situations, the need to say "no" tends to evaporate.
- **Anticipate problems.** A summons to leave the playground might meet with a request for "just one more time on the swing." Instead of responding with "no" after the fact, go back to preventive parenting. Before saying it is time to go, spend a moment asking him what toys he wants to play on before leaving. He lists them off and you agree to his plans, explaining that he has ten more minutes left to fit in those activities.
- **Qualify your "yes" response.** If your son asks, "May I have a cookie now?" Instead of an abrupt "No!" try: "You may have a cookie right after lunch."
- **Empower with limited choices.** Before entering the grocery store, offer your child some choices. "You may choose between juice, cookies, or fruit for today's treat." This works much better than battling over all the things he requests by responding with "no's."

Limited choices include only acceptable alternatives.

Seek Cooperation

The word "no" is only part of the problem. The broader issue involves power struggles. Stop focusing on what you are trying (not trying) to make him do or not do.

- **Claim the problem as your own.** "I really don't like carrying you home from next door. I want to figure out a better way of ending play time and coming home."
- **Ask for your son's help— with a problem.** "Would you be willing to help me come up with a plan for solving this problem?"
- **Invite your son to think through situations.** Ask him questions. If certain problems persist, talk

them over with him. "I've noticed how upset we both get when it is time to quit playing. What can we do about this problem?" This invites him to be part of the solution. It demonstrates respect for his ability to solve problems and to change his behaviour.

Children learn respectful behaviour by experiencing it.

- **Listen and share ideas.** Agree upon a plan that works for both of you. Children often come up with brilliant, unexpected, and creative solutions. If your son won't choose a solution, offer to choose one and ask him to agree to try it for the next week. Most children are willing to agree to a week or similarly short trial period.

As to your son's tantrums, quit worrying. He can choose to have a tantrum or not. Avoiding children's tantrums is not the goal of parenting. Sometimes your children just want things their way (don't we all?) and they are much less inhibited about letting us know how they feel. Allow him to have his tantrum, making sure he is in a safe place when he does so (away from sharp table corners, hard surfaces, or tippy furniture.) Try to remain calm and give the tantrum as little attention as possible.

*Do not throw your own tantrum.
Breathe deeply and best of luck.*

The Period of Purple Crying®

The Period of PURPLE Crying® is a new program that is given to all parents after the birth of their baby. Parents can receive it in the hospital in some communities or from a home visitor. It includes a 10 minute DVD and an 11 page booklet that parents can take home with them at no charge.



*All babies cry—some more than others.
Try these tips to comfort your crying baby.*

- Hold your baby close to you with skin-to-skin contact.
- Walk and sing with your baby.
- Give your baby a warm bath.
- Take your baby outside for a walk.
- Check to see if he is hungry, tired, or needs changing.

For more information on the Period of Purple Crying® program and the National Centre on Shaken Baby Syndrome please visit www.dontshake.org



Circle of Friends is a FREE program for all parents/caregivers & children aged 0-6 years. It will re-open in early September, from 9:00 a.m. to 12:00 p.m. on Monday, Wednesday and Friday mornings at Central Elementary and Tuesday and Thursday Mornings at James Park Elementary.

English Practice Group

SHARE in partnership with Place Maillardville is offering an English practice group.

Enjoy practicing English in a small interactive group setting. It is an opportunity to practice and improve your English skills. Participants will focus on listening comprehension, building vocabulary, and speaking conversational English. It's free to participate, and participants can join at any time.

When: Saturdays

Time: 9:30 a.m. – 11:00 a.m.

Location: 1200 Cartier Avenue, Coquitlam

For more information, please contact Shae Viswanathan at 604-936-3900 ext. 161

Parent Support Service Society of BC presents

Parent Support Circles

Learn new ways to nurture and love your child. Find understanding, support and encouragement. These Parent Support Circles are confidential, free, held weekly and led by two trained facilitators. Open to all parents with children aged 0-12 years.

For more information call 604-669-1616

www.parentsupportbc.ca

Best Chance Website!

Explore this website for practical information, useful interactive tools and resources for women, expectant parents, and families with babies and toddlers up to 3 years of age.

www.bestchance.gov.bc.ca

Newcomer Children Information Exchange Bulletin

The Affiliation of Multicultural Societies and Service Agency of BC (AMSSA) is an affiliation of more than 80 multicultural agencies providing immigrant settlement and multicultural services. They recently published the first edition of the ANCIE Bulletin (Newcomer Children Information Exchange). The bulletin gives a general overview of the trends in immigration for children in British Columbia and introduces some of the main issues. Visit the ANCIE website <http://www.amssa.org/ancie/> for a current Bulletin.

Tri-City Women's Resource Society presents

Secrets to Parenting

Be a part of this exciting new parenting program for dads. This 8 week group is designed especially for dads who have experienced some form of family conflict. FREE.

When: Mondays, Sept. 27–Nov. 22, 2010

Time: 6:30 p.m.–8:30 p.m.

Location: Unit 200, 2540 Shaughnessy Street, Port Coq.

Single Parenting

You will learn about the impact of separation and divorce on children; find out how to adjust to parenting independently; and gain skills such as how to discipline and communicate with your children more effectively, so that you can feel more comfortable in your new role as a single parent.

When: Tuesday, November 30, 2010

Time: 6:30 p.m.–8:30 p.m.

Location: Unit 200, 2540 Shaughnessy Street, Port Coq.

For more information or to register call 604-941-7111

BC211

BC211 and United Way are very pleased to announce that Lower Mainland residents are now able to access 211 services.

211 is an easy-to-remember, three-digit telephone number that provides free, confidential, multilingual information and referral to a full range of community, social, and government services. Available 24 hours a day, seven days a week, Information and Referral Specialists link callers to the services and support they need.

Family Fun!

Capilano Watershed

Sunday, September 12
8:00 a.m.-12:00 p.m. or
12:30 p.m.-4:30 p.m.



Discover the Capilano Valley shaped by the glaciers and pioneers of our province. Learn about drinking water infrastructure, where our water comes from, and how it is managed. Understand our coastal temperate ecosystems and forest management, and take in spectacular views of the Coast Mountains and alpine water storage lakes.

Call 604-432-6430 or visit www.metrovancouver.org

Salmon Come Home

Hoy Creek Park
Off of Princess Crescent, Coquitlam
Sunday, October 24
11:00 a.m.-3:00 p.m.

See Coho and Chum salmon returning to their home stream! This popular family event is held rain or shine and will include children's activities, music, and nature walks, salmon dissection, life-cycle demonstrations and refreshments. Free



Call 604-927-6959 or visit www.hsws.citysoup.ca

Baby & Family Fair

Vancouver Convention & Exhibition Centre
Saturday, November 6 & 7
Beginning at 10:00 a.m.

The baby and Family Fair offers something for everyone! Live entertainment, a bounce and play area for children to climb, slide & play and a creative corner where your little one can produce a fabulous masterpiece they can take home with them. Meet special guests Max & Ruby. Tickets are \$10 each. Children under 10 years are free.

For additional information call 604-251-9491
or visit www.baby-fair.com

Pumpkin Patches

Find a pumpkin patch near you!



Visit www.pumpkinpatchesandmore.org for corn maze locations, hayrides, seasonal recipes and fun family Halloween activities!

8th Annual Edmonds Santa Claus Parade

Saturday, November 27
1:00 p.m.

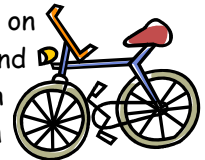
Enjoy a 'Candy Cane' themed parade beginning at Edmonds Community school (Canada Way) and travelling along Edmonds Avenue. *Please bring your donation for Coats 4 Kids to the Eastburn Community Centre.*

www.edmondssantaclausparade.com

Biking Barnston Island

A flat bike ride for the whole family. Take a free ferry ride across Parson's Channel to the island.

To get to Barnston Island, go east on Hwy 1 over the Port Mann Bridge and exit at 176th Street. Go north on 176th Street until you get to 104th Avenue. Turn right on 104th Avenue and drive to the "Ferry".



For more information call 604-501-5000

Hyack Christmas Parade of Lights

Saturday, December 4
4:00 p.m.-6:00 p.m.
New Westminster



This annual parade includes bands playing festival music, floats featuring reindeer, elves, candy canes and toys. Children will enjoy the colourful clowns and marching mascots. Hot chocolate and cookies can be enjoyed at 'The Tree Lighting' at Hyack Square after the parade. People are encouraged to bring a non-perishable food item, or an unwrapped new gift or clothing to the parade.

www.hyack.bc.ca