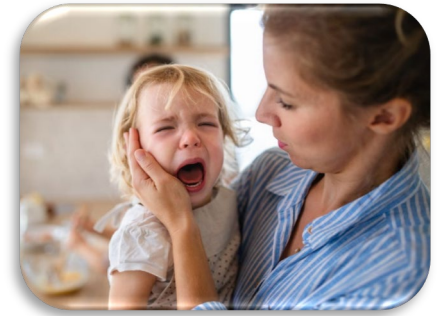


Your toddler is reaching milestones like **dressing, potty training, and speaking**, but this stage also brings **big emotions. Tantrums**, common at **ages 2-3**, stem from **frustration** when they **struggle to express themselves**, leading to **crying or biting**. Triggers include **tiredness, hunger, or not getting what they want**. **Praise good behaviour** to encourage positive actions.

Stay Calm – Your child picks up on your stress. Staying calm shows them that while they may feel out of control, you are in control.



Prevention – Avoid known tantrum triggers when possible. If shopping after nursery leads to meltdowns, consider adjusting the timing or going alone.



Distraction – Redirect their attention with a book or a new activity. Avoid using treats, as this may reinforce tantrums. Keep a snack or drink handy in case they are genuinely hungry or thirsty.



Choose Your Battles – Ask yourself if it's worth it. If mismatched clothes won't harm anyone, is the fight worth the stress?



Give Them a Hug – Strong emotions can be overwhelming. If they're upset rather than angry, a hug can help. If they're still in the anger stage, wait until they calm down before offering comfort.

