



MANAS

Speaks

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Children's Mental Health Matters!

#ChildMentalHealth

CHILDREN'S MENTAL HEALTH

Childhood Trauma

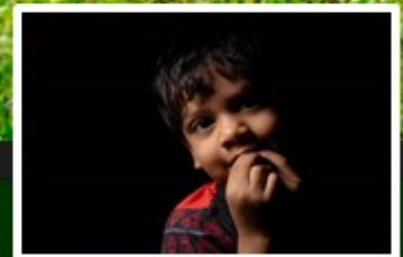
IVF Child

Giftedness

All about ADHD

Temper Tantrums

The Academy of
Psychology



THE ONLY JOURNEY IS THE JOURNEY WITHIN

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MANAS *Speaks*

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Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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Parents are unable to control their kids from throwing temper tantrums. So let us try to understand a little more about tantrums.

Temper tantrum comprises of a series of behavioural problems that occur in and infants mainly in their growing stage. Statistics show that nearly 23-83% of children between the age of 2-4 years exhibit episodes of a temper tantrum.

These tantrums are exhibited by children to fulfil their desired needs, to seek attention from others and also when children are interrupted from what they are doing. During the earlier stages of development “exhibitionistic” manifestations of these children are may be , due to encouragement or reinforcement of undesired behaviours like hitting others, kicking things, crying for seeking attention Rolling on the floor, Stamping foot on the ground, Pounding fists on a surface, Running around in a certain space, Holding breath for a long time, Throwing away objects that are present nearby, Breaking things and stamping on them, Pulling hair and making unusual faces, Stubborn attitude, was accepted by the elders and parents.

We generally blame the children for their temper tantrums but its not alone the fault of the children, the development of these behaviour-

al pattern and etiquettes solely rests on the part of the parents who fail to regulate these symptoms. At some stage parents unable to accept the attitude of their children and starts over controlling the child's behaviour which results in authoritarian parenting style (often use punishments rather than discipline). We also need to remember that these kinds of tantrums result from the presence of excessive energy but the inadequacy of speech to communicate the demands.

Temper tantrum arises from several factors. The most common factors are as follows

- ◆ Mental irritation & agitation when the people around cannot understand or are not listening to what the child is trying to convey.
- ◆ Confusion in the child's mind when he/she cannot understand what the others (especially the parents) are trying to say.
- ◆ Lack of words to fully express the feelings and demands (occurs in infants less than 1-year-old)
- ◆ Irritation aroused due to the inability to solve different problems on their own
- ◆ Anger and stubbornness when people discourage the child from different activities (such as touching objects, putting a finger or placing objects inside the mouth)

- ◆ The child may have medical illnesses (like stomach ache, ear ache) but cannot convey what is wrong.
- ◆ The child may be hungry and may not be able to express it properly.
- ◆ Tiredness and sleeplessness.
- ◆ Anxiety, discomfort or unexplained fear and troubled environment at home.
- ◆ Jealousy and insecurity when a child finds his/her sibling or another child of the same age is getting more attention.
- ◆ Inability to perform activities they see people doing such as running, climbing stairs, making electronic toys work etc.
- ◆ Tendency to imitate a family member or other people (say babysitter) who has exhibits temper tantrums.
- ◆ Inherited behavioural traits, Overstimulation due to activity and excitement.
- ◆ Hearing the word “no” repeatedly from the parents.
- ◆ Disruption of normal routines such as timely feeding, bathing and sleeping.
- ◆ Continuously forcing a child to do something he/she is not willing to.
- ◆ The child may feel neglected and seek unnecessary attention.
- ◆ Certain developmental phenomenon like “teething”.
- ◆ Criticizing or accusing a child repeatedly in front of outsiders, Teasing or irritation (at times abuse) caused by some unknown person.

Children observe and grasp from every little move disclosed by people around them whether it is positive or negative the actions from the elders , friends or whom they are very close with. In all the activities like communicating, eating, sleeping, playing, talking,

walking, peculiar gestures, interacting with others what not everything is learned through observation by the children. Parents need to introspect the underlying cause of child's tantrums or unacceptable behaviour, instead of trying to control their patterns. Sometimes these issues grow due to lack of education, bullying by peers, disturbances between family members.

Management

- ◆ Spend quality time with the child by playing and telling them moral stories
- ◆ Pampering of the child is good but over pampering makes them feel recklessness.
- ◆ Train the children to express the negative behaviours in an acceptable manner.
- ◆ Be careful of the situations and triggers that can very likely cause a temper tantrum episode. Don't let the child live through erratic schedules or abrupt changes in daily routine.
- ◆ Keep your child occupied with toys and similar items while you attend to other chores.
- ◆ Make sure that the child is getting the required amount of sleep and rest every day.
- ◆ In order to calm your child, you must yourself first learn how to act and behave calm, during the episode of your child tantrums.
- ◆ Refrain from resorting to spanking or physically hitting the child when the child is throwing a tantrum.
- ◆ In many cases, tantrums are thrown as a way to gain attention from parents. Be clear and strict with the child explaining him/her why such a behavior is undesirable.
- ◆ Try to keep your child well-fed and well-rested. Hunger and fatigue are the two biggest triggers of temper tantrums.

Saroja Mahendravada

