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UNIVERSITY

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# TEMPER TANTRUMS

# Definition

Temper tantrum is a behaviour problem where children assert their Independence by violently objecting to discipline through the display of anger at uncontrollable level temper tantrum are seen mainly in toddlers.

# Etiology

- Emotional insecurity
- Lack of sleep and fatigue
- Frustration
- Attention seeking

# Clinical features

- Lying on the floor
- Kicking or stamping their feet
- Screaming loudly
- Sometime hurting themselves
- Breath holding spells
- Banging of head

# Treatment

- Educate the parents that temper tantrums are child's way of releasing frustration so they should ignore them.
- Parents should talk to the child to find out the cause of frustration.
- Provide adequate rest and sleep to the child.
- Parents should show the child that he is loved even though his behavior is disapproved

- Parents should be good role model for the child
- Parents should not be overprotective for the child thought they should provide security and support to the child

**Thank**

**You**