



Promoting Social Emotional Competence in California's Young Children



Understanding Tantrums: Why Do They Happen and What Can Adults Do To Help? Agenda

Outcomes:

Participants will:

- *Learn about the “science” behind tantrums and how temperament contributes*
- *Understand role of the adult in preventing, shortening, and resolving a tantrum*
- *Explore some of the developing understanding about what is being communicated through tantrums and strategies that are supportive and respectful of the child.*

1. Communication and Behavior

2. Attention for What?

3. The Science Behind Tantrums

4. Responding from a Theoretical Perspective

5. Strategies for Adults