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**TEMPER TANTRUMS!!**

**Understanding and Helping Children in Emotional Need  
with "The One Minute Temper Tantrum Solution!"**

Learn about FOUR types of temper tantrums- not just one type! Learn about the FOUR underlying causes of temper tantrums! And learn about the FOUR matching responses or interventions for each type of tantrum, plus a FIFTH response when you are not sure what the tantrum is about. Also, learn about different tantrum TRIGGERS and different STYLES of tantrums. The information is relevant not only to your toddler, preschooler, elementary school child, but also your teen, and your partner, yourself, and work colleagues!

1. In the Sandbox

2. Prevention - Tantrum Ignitors

What causes or what is behind the tantrum?

Examples: Now/Not Now      Two & One      Hungry      Surprise!  
Too Much      Chaos      Huh?

3. Types of Tantrums and Emotional States

**MULTI-ISSUE THEORY OF TANTRUMS**

Each type of tantrum directs a logical intervention response that will be the most effective and efficient in resolving the tantrum. The following is a summary of the tantrum types, the primary underlying issues, and the intervention responses.

<b>TYPE OF TANTRUM</b>	<b>PRIMARY ISSUE</b>	<b>RESPONSE</b>
Manipulative tantrums	Power & control	set boundaries/limits
Upset tantrums	distress	validation/nurturing
Helpless tantrums	despair	empowerment
Cathartic tantrums	built up stress	permission & guidance to release

4) Psycho/emotional diagnosis/evaluation of  
1) yourself      2) of the child

5) Psycho/emotional connection/validation  
What is important to children.  
Making the touch, show, tone, verbal connections.  
The Socialization Message- why it works and when it works.

6) **The One Minute Temper Tantrum Solution**