



Child Care Lounge



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TAMING TEMPER TANTRUMS ONLINE CLASS (6 clock hours)

CLASS DESCRIPTION: This training is designed for experienced providers who care for young children. Participants will learn to identify common causes of temper tantrums and how to prevent them. This online class looks at many types of tantrums and how to help children develop self-control. This is an advanced level class.

LEARNING OBJECTIVES: As a result of this training, participants will be able to:

- Identify common internal causes of temper tantrums and ways to prevent them
- Describe various temperaments and how they impact behavior, especially tantrums
- List developmental reasons for temper tantrums
- Describe strategies for coping with temper tantrums
- List ways to help children develop self-control and manage strong emotions

WHAT OTHERS ARE SAYING:

The information that was very useful was identifying causes of temper tantrums and ways for coping with them.

– Alaina C., PA

This entire course was exceptional!

– Tokiko G., GA

There were lots of things that I didn't know about why children have tantrums in the first place, and this lesson pointed out basically all possibilities, then taught me how to deal with it in the appropriate way.

– Brittney F., NV

I loved the articles from professionals on tantrums and emotions. I especially loved Mary Sheedy Kurcinka on *Emotion Coaching: Teaching your child how to manage strong emotions*. This information is something that will carry you through life.

– Deborah E., SC