



Parent Pages

October 2025



Welcome to the latest edition of **Parent Pages**. This edition 'Tantrums to Triumphs' offers support and advice on managing those meltdown moments. It is hard when our children 'throw a tantrum', whether they scream and shout, throw themselves on the floor or lash out. We feel ourselves instantly getting triggered and stressed (particularly if you are out and about and potentially feeling the stares from others!) and sometimes, in that moment our automatic response is to shout back. This then results in a back and forth shouting match with no one getting anywhere. Try the tips suggested below and see how a different approach can give you a different outcome. It may take practice (and even then, it may not always be successful, as we are also humans with big feelings!) but I am confident if you are able to put some of these suggested strategies into place you will see a difference in your child's behaviour and potentially even your relationship.

If you feel you may need further support with this, or any other parenting topic, please do not hesitate to contact me using the details below.

Best Wishes,
Katie Kirby,
Family Support Worker



Parent Focus ~ Tantrums to Triumphs



Supporting our children with their big emotions is one of the hardest jobs we have as a parent. They often occur during the worst moments; when you're trying to rush out the door, when you have a million and one things to do, or when you have spent time, and money, trying to enjoy a family day out only for it all to be ruined by a child having a tantrum.

At these moments we may already be feeling tense, stressed and potentially irritable. You then have your child's big emotions clashing against yours and that is when the situation has the potential to explode. However, the outcome of the situation is based on your reaction, if you meet anger and frustration with anger and frustration there is only one way that is going to go. If you can meet that anger and frustration with a sense of calm and empathy (challenging as I know that may be!) you will de-escalate that predicament quicker than a runaway train. Why not try some of these tips next time your child is struggling with their emotions:

- ⇒ **Stay calm** - This is the first step (and often the hardest) in making that connection with your child. Take a deep breath and be aware of your tone and volume to try and avoid shouting.
- ⇒ **Try to understand the trigger** - Tantrums are usually caused by one of five things: hunger, thirst, tiredness, overstimulation or frustration. Try to keep a track of when they are happening to identify any patterns and act accordingly.
- ⇒ **Validate the emotion, but do not give into it** - Sometimes we find ourselves giving into our children for an 'easy life'. Actually, this can often create more of a problem in the long term as our children grow to recognise that if they have the tantrum we'll give in and the cycle continues. Validation may look like "I can see you're upset/angry/frustrated because you wanted to have your sweets. It's okay for you to feel like that, we are having dinner soon so we cannot have sweets now but you can have them tomorrow".
- ⇒ **Use distraction or redirection** - Ask if they want a cuddle, play a game, be silly, do a dance... and move onto a different activity.
- ⇒ **Give choices as often as you can** - Children are so used to hearing us say "no" or told what to do, if you can give them choices, often over seemingly minute details, this gives them autonomy, offers them a sense of control and will reduce power struggles. For younger children, it may be as simple as "Do you want to put your shoes on first or your coat?"
- ⇒ **Praise positive behaviour** - By rewarding our children for the behaviour you want to see instead of always correcting behaviours you don't, teaches them to repeat these positive actions and behaviours increasing their self esteem and self worth.
- ⇒ **Teach emotional regulation skills** - By reading books, playing games and talking about different ways you manage your emotions. Practice meditation/yoga or simple breathing techniques (when your child is calm) and prompt them to use these when they are starting to become agitated before they reach the peak of their outburst.

For some creative ideas on how to introduce emotional regulation skills to your child click [here](#) to see a range of yoga and mindfulness videos from Cosmic Kids Yoga.



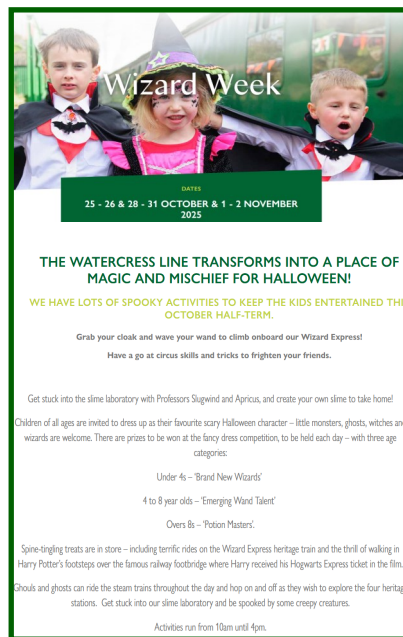
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Local events and places to visit...

In addition to these there are other events so it is also certainly worth googling to find some further ideas but to get you started why not consider the below, click the images or links for more information:



School Nursing Team Update...

We are so lucky to have the School Nursing Team visit us once a month to offer a drop in clinic for parents across our Federation. A great place to ask questions and address concerns. This could be anything from; sleep and behaviour, healthy lifestyle, toileting, staying safe, emotional wellbeing, and health conditions. These sessions are held at Westfields Infant School and are open from 8.30am-9am. No need to book, just pop into the office at The Infants School on the day; remaining dates for this year to pay them a visit are:

- Thursday 16th October
- Friday 28th November

In addition to this the school nurses can see children on a one to one basis, with prior arrangement by myself.

Please do get in touch if you feel your child would benefit from one of these sessions.



Quick reference family support & helplines....

Useful websites...

If you find yourself needing support click the links below for information you may find useful:

- ⇒ [Netmums](#)
- ⇒ [Parenting mental health](#)
- ⇒ [BBC Bitesize](#)



Helpline... The National Sleep Helpline

Do you struggle to fall asleep? Do you feel tired? Do you have a child who won't sleep in their own bed? If you need support with sleep issues or concerns call **03303 530 541** between 9am and 11am on Mondays - Thursdays and between 7pm and 9pm on Mondays, Tuesdays and Thursdays. Although we cannot give medical advice, we can talk through your issues, offer you some practical strategies and recommend services that could help.

App Recommendation of the Month... Tantrum Tamer

[Click for Google play](#)



[Click for Apple store](#)

Stop tantrums, build routines & motivate chores with tools for ages 2-12. Tantrum Tamer helps parents guide children through tantrums, daily routines, and behaviour challenges with confidence and calm. Whether you're facing bedtime meltdowns, public outbursts, or daily power struggles, this parenting tool equips caregivers with practical, expert-backed strategies, interactive visuals, and customisable behaviour systems.

If you have any suggestions for topics or content for these pages in the future, please do not hesitate to drop me an email and I will do my best to include requests...