

TIPS SHEET /CHINESE

Tantrums in Public

当众发怒

TIPS:

- make sure that what you're asking your child to do is fair for their age
- once you give in to a child's tantrums, it only makes those tantrums stronger
- sometimes when you start ignoring them tantrums can get worse before they get better because your child will be trying harder to change your mind, but if you remain consistent they will learn that tantrums can't get you to change your mind
- ask for help from friends or family to not give in to tantrums
- reward your child with something short and meaningful when they are behaving well
- <https://www.askdrsears.com>
- <https://www.healthchildren.org/>

贴士:

- 确定父母对孩子的要求符合他的心理年龄
- 一旦父母对孩子的发怒做出了让步，结果只会使孩子的脾气越来越大
- 在孩子恢复平静前不要对孩子的发怒表现的很淡漠，否则孩子下次会发更大的脾气来促使你改变你的决定。如果父母们对待孩子的发怒能保持一贯的态度，孩子们将会知道发怒改变不了任何事。
- 求助那些可以妥善处理孩子发怒的朋友或家庭
- 当你们的孩子表现很好的时候给他一点小小的且有意义的奖励