

# Tantrums – A Plan of Action

Where do tantrums happen? \_\_\_\_\_

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What time of day do tantrums occur? \_\_\_\_\_

Who is generally included? \_\_\_\_\_

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What happens before, during, and after a tantrum? \_\_\_\_\_

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Things I can do to prevent a tantrum from occurring:

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Ways that I can handle the tantrum when it occurs:

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Written by Lesia Oesterreich, extension family life specialist.

**For FREE parenting support, call the Health Department of Northwest Michigan at 1-800-432-4121 or visit [www.nwhealth.org](http://www.nwhealth.org)**