

Tantrums – A Plan of Action

Where do tantrums happen? _____

What time of day do tantrums occur? _____

Who is generally included? _____

What happens before, during, and after a tantrum? _____



Things I can do to prevent a tantrum from occurring:

Ways that I can handle the tantrum when it occurs:

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For FREE parenting support, call the Health Department of Northwest Michigan at 1-800-432-4121 or visit www.nwhealth.org