

# Three Common Mistakes That Will Make Toddler Tantrums Worse!

By Dr Randy Cale

We have all read that every parent deals with toddler tantrums, and that we need to expect it from our toddler at some point in time. The research would suggest that this is somewhat true, but not completely true. Tantrums arise often. Parents can't control this. And...this is not in dispute.

However, if tantrums persist...now that's another story. That's what this report is all about...But first...

As a Licensed Psychologist and parenting expert for over 20 years, I have worked with thousands of families to help them quickly get rid of temper tantrums quickly, from toddlers to teens! (PLEASE don't wait till pre-adolescent years to deal with this...as it gets very, very ugly.)

With young children, we expect to see a tantrum every now and then. And whether it's the local newscaster, your friends across the street, or a blog you read on the internet, there is a tremendous tendency to minimize the importance of becoming a master at handling the temper tantrums.

Why? Because the common advice you'll be hearing about temper tantrums doesn't likely apply to you...or your child.

How do I know? Because much of this advice is bad advice. It's not just bad advice that has a short term affect. This is bad advice that a devastating long-term consequence for your kids. Let me explain.

## **The Risk of Bad Advice for Toddler Tantrums**

In the past, we would see that the common folklore and belief about tantrums is that they would just fade away. This was actually quite true, in the distant past.

And, if you have the easy child, with the cooperative temperament...it's still likely true. The tantrums may come and go...and that's all there is to it.

But, I doubt that you would be reading this...if this were true for you. Perhaps...but not likely.

Instead, you are struggling with tantrums. You have tried a lot of things...and nothing is working. I get it.

The reason is that you have been misled since day one of the first toddler tantrum. In the current environment, almost everything you read and listen to is based upon opinion, and not proven clinical strategies.

We have been given so much bad information that our choices actually cause toddler tantrums to get worse. And,

on top of it all, we end feeling confused, frustrated and at the end of our ropes!

## **Good news: These mistakes can be easily corrected!**

In this special report, I will reveal the three most common mistakes parents make --- that turn a common toddler tantrum into a home filled with horrible, relentless, excruciating tantrums that make you want to scream for relief!

I suspect you'll recognize yourself, and how this apparently logical, but misguided information has taken you off the right path. I want to help you quickly get back on a healthy path!

Warning: Most common parenting advice has you doing the wrong thing. But that 'bad advice' may actually soothe the tantrum initially. That's right...it DID get better for while...DIDN'T IT? (For some of you...you know what I mean)

Don't get fooled by this!

Over time however, you see that the tantrums just came back bigger, stronger and more persistent. The toddler tantrums are more intense, and the 'quick fix' no longer works. (You will learn why shortly, in the lessons I cover in this Special Report.)

Mom or Dad, or Grandma: Please know this...When you start responding in a proper manner to the tantrums, you will very likely experience things getting worse...for a brief period...before they get better.

Write that down somewhere. This is to be expected. And if you get it...then life will be easier. If you don't, you will then likely react with some old tricks...and everything goes wrong from there.

In just a few short pages of this report, you will see how these three key mistakes are very easy to make, and see how to change them...to get on a better path.

Learning to respond differently is freedom for you! Its freedom, and growth, for you toddler, when they learn to get through disappointment without a meltdown. In fact, this is an essential lesson in life. The sooner they get this, the more enjoyable their life becomes. The easier as well!

There are a few specialized programs that will directly teach you how to eliminate toddler tantrums in 3-7 days, such as my own Toddler Tantrum Fixer program. This program is designed for desperate parents, who want to end tantrums right away...and are at the end of their rope.

However, many of you may not need The Toddler Tantrum Fixer after reading this information because it will set you on the right path. Let's get you started! The first mistake...

# **Mistake #1: Constantly redirecting to try to avoid the toddler tantrum.**

Redirection of your child is not necessarily a bad idea. In fact, when used occasionally, it's a great tool.

At some point however, mental health professionals and pediatricians began to teach redirection as a solution to getting out of temper tantrums (and just about everything else!)

This (misleading) line of thinking suggests that it is our job to jump in there right before the tantrum, and try to redirect your toddler to something else.... so they won't get upset. We perhaps try to quickly predict that they are headed down the tantrum path, and we try to 'distract' them with something else.

Bad idea! (But again...only a bad idea if over-used. And often these days...it is over-used. Thus the problem.)

Here's why: Early in the toddler tantrum world, this redirection or distraction looks like a great idea. It even works, and kids are often distracted into doing something else.

Or, you even engage them very earnestly in something else they enjoy, while you are able to keep things moving down

the path you desire. This all looks well and good in those early days. And, if you happen to have a child with an easy, cooperative disposition or temperament, then redirects will really work great. And things do not head south nearly as quickly!

But most of you reading are NOT here because you have an easy toddler. Most of you have a more challenging situation on your hands, and the following comments fit more accurately to your situation.

Back to the redirection...remember how it seemed to work for a while with your toddler. For some of you, it was literally days. For others perhaps, it worked for many months.

However, as time goes on...you notice a certain fatigue that sets in. You are having to spend more and more energy redirecting and redirecting...time and time again. You begin to wonder how you will keep up. You're often jumping to your feet and trying to redirect or distract your child from going down the path that's going to lead to a tantrum.

It starts to feel... a bit like you are dancing. And you are...dancing around the possible meltdown. And this dancing also comes with a price. You end up feeling exhausted and overwhelmed with constantly trying to prevent or predict where the next upset will be, and dancing around your toddler's every possible upset.

Let's be clear: Yes, with perhaps another type of toddler temperament...you wouldn't be going through this.

But you have the toddler temperament that God gave you...and we have to deal with it (so to speak). Not another toddler temperament. You have this one.

And this one FEEDS on your energy and then energy of your constant redirection (more on this later).

This constant redirection doesn't work! It doesn't work because your toddler never learns how to handle frustration, disappointment, and not getting what they want.

It also doesn't work because you keep throwing all of your energy and attention into their behavior right before the tantrum emerges.

As time goes on, you end up not being able to prevent all of the tantrums, and trying to redirect in the middle of an all out tantrum. This makes things even much worse, and now you have probably found that the tantrums have become absolutely unbearable.

For some toddlers, it can take a year and a half to get to that point. For others, it might only take a couple weeks before you find yourself at the end of your rope.

Either way, if you are struggling with crazy toddler tantrums, abandon the redirection approach now and you will save yourself endless amounts of frustration. If you are already on this path for way too long, please keep reading!

## **Mistake #2: Talking too much and soothing too much.**

Soothing and talking are good. Let's be clear.

Soothing and talking too much, at the wrong times...this is NOT good.

So, for many of us, we have been told to talk, talk and talk some more. For some of us, it just comes natural.

We may try talking before we try the redirection, but often it evolves to an excessive level AFTER we have exhausted the constant redirection.

We see that the redirect is not working. We see their upset coming and we begin to soothe and comfort them.

You naturally want to avoid the tantrum, and the extreme upset that seems to leave only frustration and exhaustion behind it.



So, you begin to try to soothe and calm your toddler. You get down on one knee, and speak in soothing ways. Perhaps you even hold them and stroke them, until they work their way through the upset.

There is also a seduction period with this approach as well. It appears to work for a while. Sometimes weeks...sometimes months. For the easy toddler, it may work perfectly well for the rare upset, and nothing else is needed. And reading this report would be of no purpose.

But again, that's not likely you...is it? You have a more strong-willed toddler who likes to tantrum. And nothing is working. Particularly, the soothing and calming now seems to do nothing but make things worse.

When we widen the lens of our perspective, and we watch things over weeks---rather than minutes----we start to see things quite differently.

You might begin to see that the soothing, the calming and the redirection are actually soothing in the short term, and feeding the behavior in the long term. Our very actions to try to make things better...are actually making things worse!

Thus, the more you surrender the job of soothing and helping your toddler through every upset, the more they can find their way to self-soothing.

Without the skill of self-soothing, your child will actually be emotionally disabled and unprepared for the world.

Whenever they encounter disappointment and frustration, they will have a tantrum. As a teenager, this can be scary. As an adult, it can leave you without healthy friends, constantly disappointed by life, and unable to get along with family, friends, or even employers.

We can't win this way. Your toddler can't win this way.

Of course, you would rather them not go through another tantrum. Yet, for now, it's more important to see that your efforts are making it worse...not better. Your efforts are feeding the tantrum...in a way that I explain more on my website and in my Toddler Tantrum Fixer Program. (I am very sorry if this seems harsh...but I just want you to see how things work...and how it's time to make a few tough changes to your parenting style.)

## **Mistake #3: Giving the 'tantrum' what the 'tantrum' wants!**

As many times as you've heard this, I'm going to have to repeat it.

If you give in to the tantrum, you will make those toddler tantrums stronger! You will actually create a tantrum monster---if you go down this path.

Most of you realize this. However, you may not realize that there are two things the tantrum will feed on.

Please pay attention here, as this is critical.

The first and most commonly understood method of giving in to the tantrum comes by surrendering to the child's demands...and actually giving them what they want.

Bad idea. Right?

Yet, many of us have caved in.

Perhaps they want another cookie. Or perhaps another movie. Or to have you stop and play RIGHT NOW. Or perhaps they demand you stay, and NOT LEAVE.

We can always tell when you have been caving in because your toddler speaks to you in a commanding voice. They actually seem to 'demand' you to do things...and the scary part...is you actually might do it.

I just had a phone coaching session 10 days ago with a mom who was on the phone, and had left her toddler with a sitter watching a favorite movie. Of course, without mom, he

began to seek her out. He demanded she listen to him, and come watch the movie. As mom explained that she was on the phone, he escalated. She began down the path, to try to give in to his demands. Fortunately, I was on the phone...and changed her approach.

Fast forward to end of story: Mom was able to follow the formula in the tantrum fixer program, and I must say... the time on the phone was not easy for her.

But, just as would be predicted, I received an email today. I will paste a portion of it below:

**“Dr Cale...it was the worst 58” of my life...following through with the game plan. However, that was 10 days past. In the nine days since, we have not had one single tantrum. NOT ONE! That’s amazing, since we usually went through 5 or 6 meltdowns a day...with many useless timeouts.**

**Just wanted to let you know... success. Thanks a million! Anne \_\_\_\_\_”**

Why is this example so important?

Because Anne was feeding into the tantrums, and she knew it. She often tried to give her son what he demanded. We can all easily see that. And we all know...this is bad.

In almost any situation, giving into toddler demands (even if you know it’s going to lead to a tantrum) is a huge mistake. Ultimately, it will create a child who can demand what they want, and often get it.

Back to Anne for just a moment...She needed a game plan...a way to get out of the futile, exhausting process. Without a proven plan, she could only see things getting worse...if she didn't try to appease her son.

Could you imagine her life? Without a plan, she saw a nightmare of 10 to 12 tantrums a day...rather than 5 or 6! So, from her perspective, the giving in process was of some help.

Yet, while we can understand her struggle, and her decisions, these 'giving in' moments still caused much unneeded drama and upset.

So the simple conclusion remains solid: Never give in to what the tantrum wants.

But there's even more to Anne's story...and this is the really critical part to get. She was feeding into the tantrums in another way.

The second way that toddlers get what they want is less understood by parents. This next error happens for those of you who have horrific toddler tantrums and are proclaiming, 'but I never give in to them.' NEVER!

There are many of you who hold the line, and don't give in to the demanding toddler, who demands more play, more movies or more of mommy right now

Your mistake however is that you give them something different. You give them your energy and attention.

And the tantrum doesn't get what they demand; the tantrum will readily feed off of your attention and energy.

Remember Anne on the phone with me. Her toddler is throwing the fit of all fits, and...what is she doing?

She is not giving in...at that moment. She is not going to watch the movie with him.

But she is giving him lots of her...energy.

We can't fix this ...unless you can develop a very clear and strong plan to eliminate this secondary source the toddler tantrum feeds upon.

It's like your toddler has a menu and the thing they want is really number one on the menu. But if they can't get that---the tantrum will gladly feed on your attention.

Either form of giving in will be devastating, when it comes to your child learning to let go of those tantrums.

# Conclusion

For many of you, you might find that you're dealing with a combination of all three of these mistakes. For others, it's just one or two.

Either way... here's my promise: you can't consistently make these mistakes, even one of them, without creating a tantrum monster...that seems to live inside your toddler!

For some of you, correcting these critical mistakes is the very foundation of change, that will let your toddler learn to STOP throwing those awful tantrums.

Do you want my complete fast track program to end those tantrums...usually within a week? Consider my clinic proven and tested [Toddler Tantrum-Fixer Program](#).

This is a program I developed with only one purpose in mind: Give you the tools to quickly get control of your home, and eliminate those exhausting temper tantrums. This program has helped (literally) thousands of families.

It works. And, it will likely work for you and your toddler! (When you are at the end of your rope, exhausted and frustrated...It makes no sense to struggle. Does it?)

You don't have to keep battling and fighting with those tantrums! For immediate control of your home, and to stop toddler tantrums, check out the special offer I have put together. (My promise: The Tantrum-Fixer works for you or you get your money back!)

[Click Here To Stop Toddler Tantrums Within 3-7 Days](#)

For some, you may not feel the urgency. I understand that, and quite honestly....this report is a great jump-start to eliminate those major mistakes that cause tantrums to get worse. For others...you are ready to end the misery.

And, I just remind you. This is not easy, unless you have the right set of tools. Your child may not be like many of those you see others talking about. Easy temperaments require easy solutions. The Tantrum-Fixer is designed to help you with the more challenging tantrums. So don't be fooled.

I might add that in my years of clinical experience, I find most parents talk just fine to their toddlers. In other words, your 'words' are great words! You don't need to talk better.

You are a good parent...doing lots of great things. **Instead, a few critical, essential adjustments will make all the difference to those nasty tantrums.**



This tools in this Special Report will get you started... but if you desire the fastest possible track to end those temper tantrums, please consider investing in my Tantrum-Fixer Program. Here is the link one more time!

**[Click Here For Toddler Tantrum Fixer](#)**

I wish you the best. Take care now...



Randy L. Cale, PhD  
Licensed Psychologist

PS: If you want the full program, it only takes about 40" to complete...and by tomorrow...you can be up and running with a tantrum fixer in your home. The link is here:

**[Click Here For Toddler Tantrum Fixer](#)**