

SAVE THE DATES

Thurs., Mar. 16th – St. Patrick's Day Class Celebrations

Mar. 16th & 30th – Kona Ice

Fri., Mar. 17th – St. Patrick's Day NO SCHOOL

Mar. 17th-March 24th – NO School Palm Beach County, NO VPK

Mar. 17th, Mar. 20th-24th – Bright Beginnings SPRING BREAK CAMP!

MAR. CURRICULUM

CREATIVE

Week 1: Dr. Seuss Birthday

Week 2: Airplanes

Week 3: St. Patrick

Week 4: Cars

Week 5: Trucks

IT STARTS WITH THE LETTER PEOPLE

Week 1 & 2: We Take Care of Our Pets with Ms. S

Week 3: The Petting Zoo with Ms. S

Week 4: Wild Animals with Mr. Z

Week 5: Insects Everywhere with Ms. I

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Tantrums https://www.babycenter.com/0_tantrums_11569.bc

A temper tantrum is the emotional equivalent of a summer storm – sudden and sometimes fierce. One minute you and your child are in a restaurant enjoying your dinner, the next minute she's whimpering, whining, and then screaming at the top of her lungs because her straw is bent. Children between the ages of 1 and 3 are especially prone to tantrums.

Though you may worry that you're raising a tyrant, take heart – at this age, it's unlikely that your child is throwing a fit to be manipulative. More likely, she's having a meltdown in response to frustration.



Claire B. Kopp, professor of applied developmental psychology at California's Claremont Graduate University, attributes much of the problem to uneven language skills. "Toddlers are beginning to understand a lot more of the words they hear, yet their ability to produce language is so limited," she says. When your child can't express how she feels or what she wants, frustration mounts.

How to handle a tantrum: 7 tips

1. Don't lose your cool. A tantrum is not a pretty sight. In addition to kicking, screaming, and pounding the floor, your toddler's repertoire may include throwing things, hitting, and holding his breath to the point of turning blue. While this may be hard to handle, you can rest assured that even breath holding is normal behavior for a child having a tantrum.

In general, staying with your child during a tantrum is a good idea. Stomping out of the room – tempting as that may be – can make him feel abandoned. The storm of emotion he's going through can be frightening to him, and he'll appreciate knowing you're nearby.

If you find yourself getting overly frustrated, some experts suggest calmly leaving the room for a few minutes and returning after your child has stopped crying. By staying calm, you'll help him calm down, too.

2. Remember that you're the adult. No matter how long the tantrum continues, don't give in to unreasonable demands or try to negotiate with your screaming toddler. It's especially tempting to cave in as a way of ending a public episode. Try not to worry about what others think – anyone who's a parent has been there before. By giving in, you'll only be teaching your child that throwing a fit is a good way to get what she wants, which sets the stage for future conflicts. Besides, your child is already frightened by being out of control. The last thing she needs is to feel that you're not in control either.

(CONTINUED NEXT PAGE)

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3. Use time-outs sparingly. Depending on the child, using a time-out occasionally, beginning at about the age of 18 months, may help him manage his feelings better when he has a tantrum. A time-out can be helpful when your child's tantrum is especially intense and other techniques aren't working. Placing your child in a quiet or – better yet – boring spot for a brief period (about one minute per year of his age) can be a good lesson in self-soothing.

4. Talk it over afterward. When the storm subsides, hold your child close and talk about what happened. Discuss the tantrum in very simple terms and acknowledge your child's frustration. Help her put her feelings into words by saying something like, "You were very angry because your food wasn't the way you wanted it." Let her see that once she expresses herself in words, she'll get better results. Say with a smile, "I'm sorry I didn't understand you. Now that you're not screaming, I can find out what you want."

5. Let your child know you love him. Once your child is calm and you've had a chance to talk to him about his tantrum, give him a quick hug and tell him that you love him. It's important to reward good behavior, including your child being able to settle down and talk things over with you.

6. Try to head off tantrum-inducing situations. Pay attention to which situations push your child's buttons and plan accordingly. If she falls apart when she's hungry, carry snacks with you. If she gets cranky in the late afternoon, take care of errands earlier in the day. If she has trouble making a transition from one activity to the next, give her a gentle heads-up before a change. Alerting her to the fact that you're about to leave the playground or sit down to dinner ("We're going to eat when you and Daddy are done with your story") gives her a chance to adjust instead of react. If you sense a tantrum is on the way, try distracting your child by changing locations, giving her a toy, or doing something she doesn't expect, like making a silly face or pointing at a bird.

7. Watch for signs of overstress. Although daily tantrums are a perfectly normal part of the mid-toddler years, it's a good idea to keep an eye out for possible problems. Has there been upheaval in the family? An extremely busy or harried period? Parental tensions? All of these can provoke tantrums. If your child's tantrums seem overly frequent or intense (or he's hurting himself or others), seek help. Your doctor will discuss your child's developmental and behavioral milestones with you at routine well-child checkups.

MARCH BIRTHDAY CORNER A special HAPPY BIRTHDAY goes out to...

Layla B. – 3/1 Jace D. – 3/1 Robert C. – 3/4 Lityc T. – 3/5 Bryceson F. – 3/6
Ethan L. – 3/6 Belzere L. – 3/8 Jonas C. – 3/9 Xavior C. – 3/10 Aron T. – 3/12
Shanaya S. – 3/13 Jaymsen C. – 3/22 Destiny S. – 3/25 Nayeli S. – 3/26
Christian S. – 3/27 Roman C. – 3/28 Taryn E. – 3/28 Vincent M. – 3/31



JOIN US FOR SPRING BREAK CAMP! March 17th, 20th – 24th

Ask for information at the front desk.

Spring Camp Schedule:

March 17 - Board Game / meet & greet
March 21 - Atlantis Skateway / cost \$5.00
March 23 - Paint a Pot / cost \$5.00

March 20 - Field Day
March 22 - Okeeheliee Park
March 24 - Spring Break Party / karaoke

Get info about our school at: www.brightbeginningsprep.com