
CHUM Tantrums

One of the occupational hazards of teaching PreSchool Gymnastics is the necessity to occasionally deal with a child's behavior we all know as a tantrum. There have been identified four different types of temper tantrums exhibited by children (as well as by adults!). Each type of tantrum dictates a different response. The tricky part is defining the type so that the appropriate response can be given in order to alleviate the tantrum. Below is a listing of the four tantrum styles, their underlying cause and a recommended response:

1. The **C**athartic Tantrum

- The underlying issue is the need to release bottled up tension.
- The appropriate response is to give permission and guidance to release the tension in a non-destructive way.

2. The **H**elpless Tantrum

- The underlying issue is despair.
- The appropriate response is to empower the child and help them take responsibility.

3. The **U**pset Tantrum

- The underlying issue is distress.
- The appropriate response is to give validation and support.

4. The **M**anipulative Tantrum

- The underlying issue is the need for power and control.
- The appropriate response is to set limits.

The instructor should always first assume that it is an "Upset Tantrum" and begin by giving validation and support. If this response does not seem to defuse the tantrum, then try another response. It is never easy or fun to deal with a child's tantrum but the successful resolution of such behavior is always one of the most rewarding experiences for a teacher. Good Luck!