

# Quality Time Over Time Outs:

Reducing Your Child's Tantrums  
Through Connection

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# PSYCHOLOGY MONTH

**Disclaimer: It is important to note that this presentation is not a substitute for psychological treatment. The information and exercises that may be presented during this presentation can be incorporated at your discretion.**



## Parenting Myths

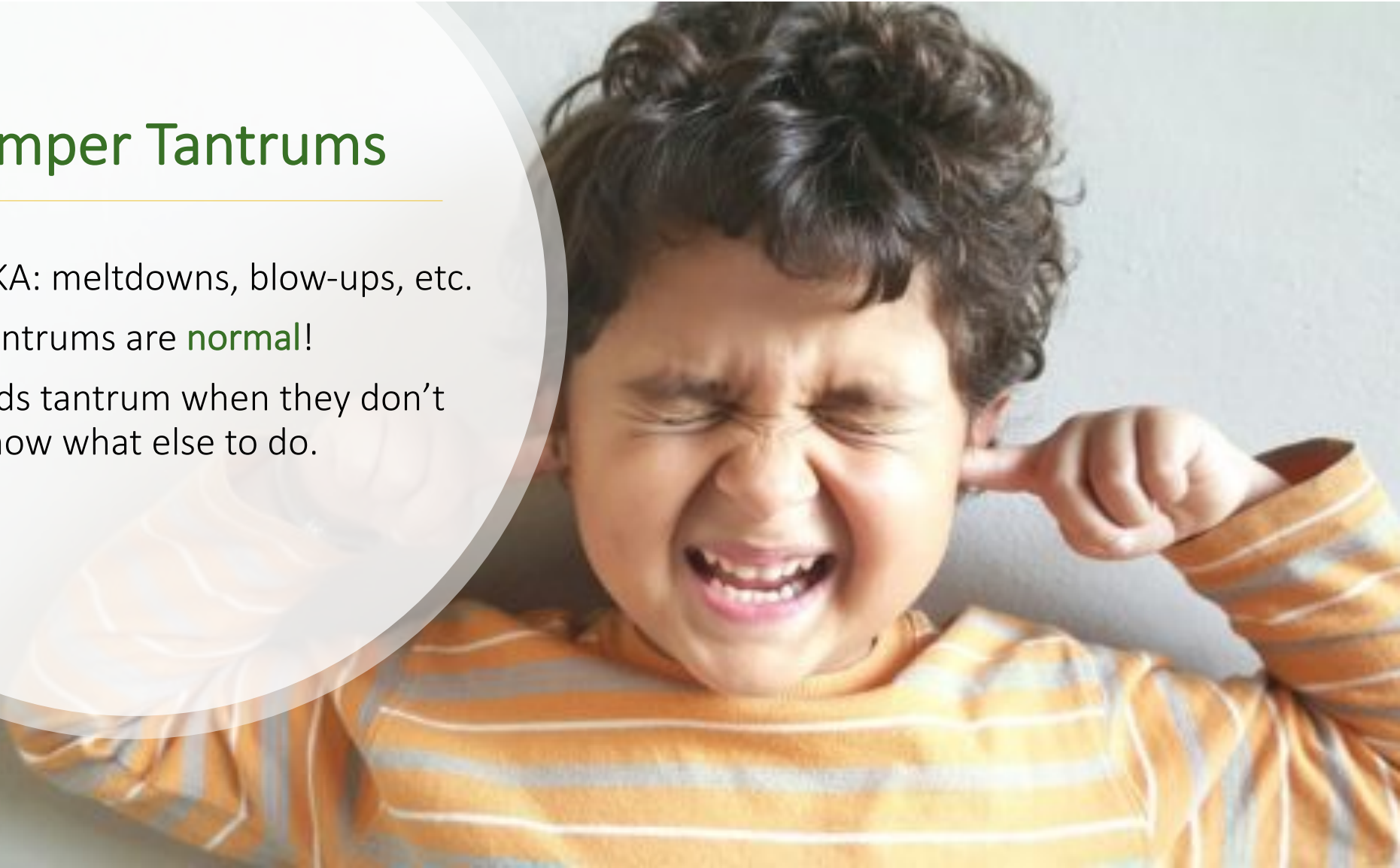
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- **Myth #1:** If I don't punish my child's tantrums, they will increase.
- **Myth #2:** Tantrums mean my child is spoiled.
- **Myth #3:** Tantrums are not normal.
- **Myth #4:** My child should be able to manage (regulate) their own feelings.

# Temper Tantrums

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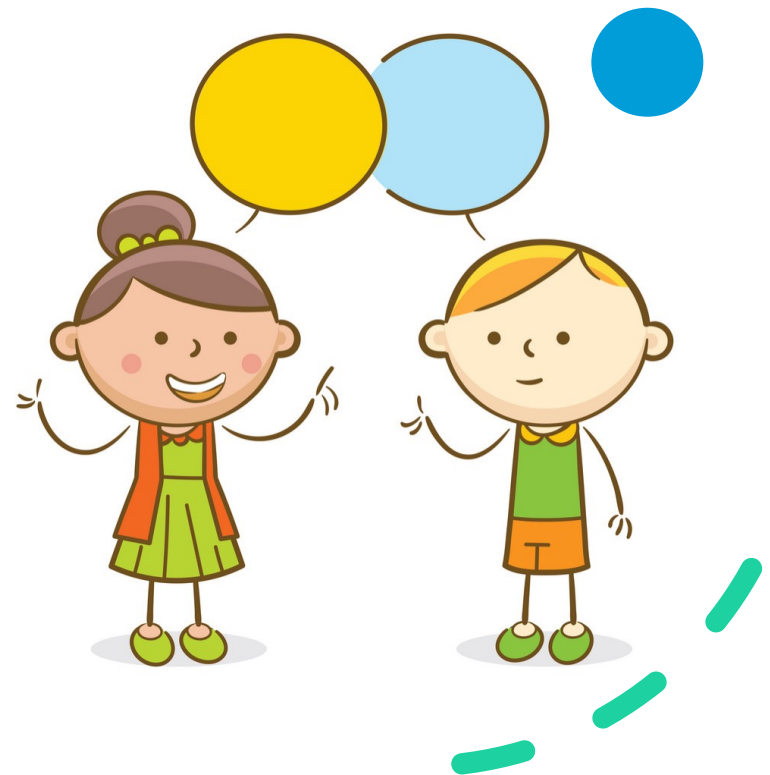
- AKA: meltdowns, blow-ups, etc.
- Tantrums are **normal!**
- Kids tantrum when they don't know what else to do.



# Tantrums

## Your child's way of communicating

- That they're sick, tired, angry, or confused.
- That life feels out of control.
- That they are dysregulated and need you to help them.



## How tantrums can make parents feel

- Out of control
- Like a failure



# Every Child & Every Parent is different

- Some children are more likely to tantrum than others due to their specific genetic make-up.
- Sometimes, different personality styles in parents and kids make understanding each other harder.
- Children learn to regulate through being regulated.

Co-regulation → Self-regulation



## TIME OUT

- How do you think children feel in a time-out?
- How would time-outs help?





So, what can  
we do?

Helping kids feel **connected**, helping them **understand their emotions**, and helping to **soothe them and ourselves** will help prevent tantrums and deal with them in the moment.

# Connection: Quality Time

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- **Special Play Time**

- Attention without acting out
- Helps you see what is going on with your child
- Helps them feel settled and connected



# Special Play Time: How To



Regular—scheduled, predictable



Happens no matter what



Child-centred



Doesn't have to cost money



Avoid distractions



# Label Emotions

- Label your child's emotions
  - "You look like you're feeling really frustrated right now."
- Label your own emotions
  - "I'm feeling really frustrated right now because that other driver took my parking space. I'm going to take a few deep breaths and go look for another one."

**Name it to tame it!**

# Empathy for Your Child's Feelings

- Empathize with your child  
“I understand that you want a lollipop. Lollipops are delicious!”
- And be genuine!



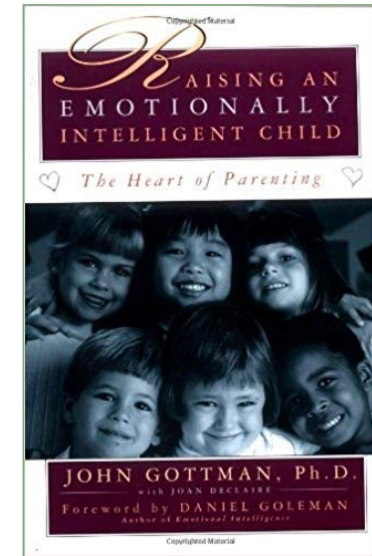
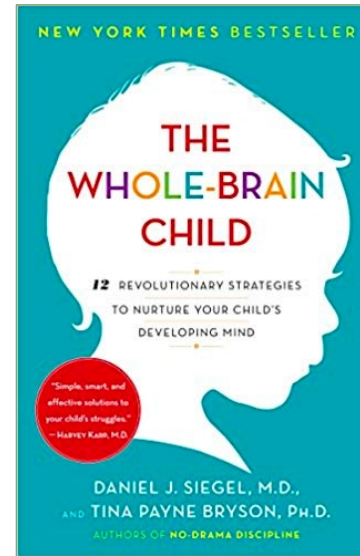
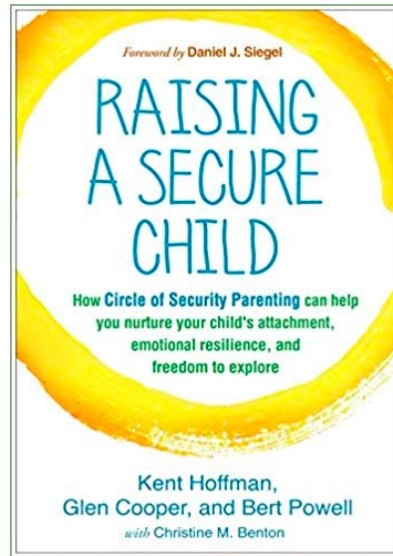


## Time-Ins & Time-Outs

- When your child is upset, they need you— [Time-In](#).
- When you're upset— [Time-Out](#).

Take care of yourself.

# Resources



- Psychological Service Centre, U of M: [umanitoba.ca/faculties/arts/departments/psych\\_services/](https://umanitoba.ca/faculties/arts/departments/psych_services/)
- New Directions Parenting Centre: [newdirections.mb.ca/](https://newdirections.mb.ca/)
- Attachment Network of Manitoba: [attachmentnetwork.ca/](https://attachmentnetwork.ca/)

## To find a Psychologist

Go to: <https://mps.ca/>

↳ For the Public

↳ MPS Psychologist Directory



OR go to: <https://mps1.wildapricot.org/>

# Take-Away Messages

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1. Quality time
2. Co-regulation
3. Time-outs are for adults
4. Tantrumming = communication





# Psychology Month Presentations

[www.mps.ca](http://www.mps.ca)

