

Public Tantrum

Supermarket, shaadi, kahin bhi — jab full performance shuru ho jaye

KYA KARO

1. Thoda side le jao — quiet corner
2. Unke level par neeche baitho
3. Calm raho aur ruko — toofan guzarne do

YEH BOLO

"Main yahin hoon. Tum safe ho."

Baad mein: "Bahut gussa aaya tha na? Agli baar bolna, main sunungi."

YEH MAT KARO

- ✗ Beech tantrum mein lecture ya reasoning
- ✗ Chocolate/toy deke chup karana — kal guaranteed repeat
- ✗ Aunty ki nazar ke pressure mein aana

SCIENCE KYA BOLTI HAI

Tantrum brain event hai, strategy nahi. Har baar calm rahe toh tantrum kaam karna band kar deta hai.

Roz ka ek chhota kadam — ProParents app

Poora guide: proparents.in/parenting/toddler-tantrums

Based on CDC's Learn the Signs. Act Early. guidance · Screening, not diagnosis · proparents.in



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