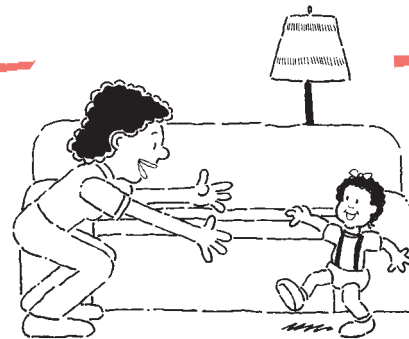


# Your Child's Growth: Developmental Milestones



Watching a young child grow is a wonderful and unique experience for a parent. Learning to sit up, walk, and talk are some of the more major developmental milestones your child will achieve. But your child's growth is a complex and ongoing process. Young bodies are constantly going through a number of physical and mental changes.

Although no two children develop at the same rate, they should be able to do certain things at certain ages. As a parent, you are in the best position to note your child's development, and you can use the milestones described in this brochure as guidelines.

At the ages noted in this brochure, observe your child for 1 month. (This lets you take into account any days when your child may be acting differently because she is sick or upset.) Use the milestones listed for each age to see how your child is developing.

Remember, a "No" answer to any of these questions does not necessarily mean that there is a problem. Every child develops at his own pace and may sometimes develop more slowly in certain areas than other children the same age. Keep in mind these milestones should be used only as guidelines.

Plan to talk about these guidelines with your pediatrician during your next office visit if you note the following:

- Major differences between your child's development and the milestones.
- Your child does not yet do many of the things usually done at her age.

## 3 Months

When your baby is lying on his back, does he move each of his arms equally well? Check "No" if your baby makes jerky or uncoordinated movements with one or both of his arms or legs, or uses only one arm all the time.

☐ Yes ☐ No

Does your baby make sounds such as gurgling, cooing, babbling, or other noises besides crying?

☐ Yes ☐ No

Does your baby respond to your voice?

☐ Yes ☐ No

Are your baby's hands frequently open?

☐ Yes ☐ No

When you hold your baby in the upright position, can she support her head for more than a moment?

☐ Yes ☐ No

## 6 Months

Have you seen your baby play with his hands by touching them together?

☐ Yes ☐ No

Does your baby turn her head to sounds that originate out of her immediate area?

☐ Yes ☐ No

Has your baby rolled over from his stomach to his back or from back to stomach?

☐ Yes ☐ No

When you hold your baby under her arms, can she bear some weight on her legs? Check "Yes" only if she tries to stand on her feet and support some of her weight.

☐ Yes ☐ No

When your baby is on his stomach, can he support his weight on outstretched hands?

☐ Yes ☐ No

Does your baby see small objects such as crumbs?

☐ Yes ☐ No

Does your baby produce a string of sounds?

☐ Yes ☐ No

Does she react to the emotions of others?

☐ Yes ☐ No

Does your baby begin to relax when you read him a bedtime story?

☐ Yes ☐ No

Does your baby notice herself and her actions in a mirror?

☐ Yes ☐ No

Does your baby reach out for you to pick him up?

☐ Yes ☐ No

## 9 Months

When your baby is playing and you come up quietly behind her, does she sometimes turn her head as though she hears you? (Loud sounds do not count.) Check "Yes" only if you have seen her respond to quiet sounds or whispers.

☐ Yes ☐ No

Can your baby sit without support and without holding up his body with his hands?

☐ Yes ☐ No

Does your baby crawl or creep on her hands and knees?

☐ Yes ☐ No

Does your baby hold his bottle?

☐ Yes ☐ No

Does your baby deliberately drop or throw toys?

☐ Yes ☐ No

Does she bang, strike, and shake her toys?

☐ Yes ☐ No

When you show your baby a book, does he get excited, then try to grab and taste it?

☐ Yes ☐ No

Is your baby wary of unfamiliar people?

☐ Yes ☐ No

Does your baby make sounds that use vowels and consonants?

☐ Yes ☐ No

## 12 Months

When you hide behind something or around a corner and then reappear, does your baby look for you and eagerly plan for you to reappear?

☐ Yes ☐ No

Does your baby pull up to stand?

☐ Yes ☐ No

Does your baby walk holding on to furniture?

☐ Yes ☐ No

Does your baby make "ma-ma" or "da-da" sounds? Check "Yes" if she makes either sound.

☐ Yes ☐ No

Does your baby say at least one word?

☐ Yes ☐ No

Is your baby able to locate sounds by turning his head?

☐ Yes ☐ No

Does your baby imitate familiar adult behavior, such as using a cup or telephone?

☐ Yes ☐ No

- Does your baby turn her books face up, but turn several pages at once? ☐ Yes ☐ No
- Does your baby look for and find toys? ☐ Yes ☐ No
- Does your baby eagerly explore objects and spaces? ☐ Yes ☐ No

## 18 Months

- Can your child hold a regular cup or glass without help and drink from it without spilling? ☐ Yes ☐ No
- Can your child walk all the way across a large room without falling or wobbling from side to side? ☐ Yes ☐ No
- Does your child take off his shoes by himself? ☐ Yes ☐ No
- Does your child feed herself? ☐ Yes ☐ No
- Does your child clearly look to his parents in stressful situations? ☐ Yes ☐ No
- Does your child have temper tantrums? ☐ Yes ☐ No
- Does your child say at least 4 to 10 words? ☐ Yes ☐ No
- Does your child point to a picture that you name in a book? ☐ Yes ☐ No
- Does your child pretend to talk? ☐ Yes ☐ No

## 2 Years

- Can your child say things like "all gone," "go bye-bye," or other two-word sentences? ☐ Yes ☐ No
- Does your child say about 50 words? ☐ Yes ☐ No
- Can your child take off clothes such as pajamas (tops or bottoms) or pants? (Diapers, hats, and socks do not count.) ☐ Yes ☐ No
- Does your child run without falling? ☐ Yes ☐ No
- Does your child look at pictures in a picture book? ☐ Yes ☐ No
- Does your child carry around a favorite book and pretend to read it to you? ☐ Yes ☐ No
- Does your child tell you what she wants? ☐ Yes ☐ No
- Does your child repeat words others say? ☐ Yes ☐ No
- Does your child point to at least one named body part? ☐ Yes ☐ No
- Does your child participate in play with other children? ☐ Yes ☐ No
- Does your child show increasing independence, wanting to do things his way? ☐ Yes ☐ No
- Does your child like to collect or hoard things? ☐ Yes ☐ No

## 3 Years

- Can your child name at least one picture when you look at animal books together? ☐ Yes ☐ No
- Does your child enjoy sitting together for at least 5 minutes for story time? ☐ Yes ☐ No
- Can your child answer "what" questions about the story that you have just read together? ☐ Yes ☐ No
- Can your child throw a ball overhand (not sidearm or underhand) toward your stomach or chest from a distance of 5 feet? ☐ Yes ☐ No

- Is your child easily understood by most adults? ☐ Yes ☐ No
- Does your child help put things away? ☐ Yes ☐ No
- Can your child answer the question, "Are you a boy or girl?" ☐ Yes ☐ No
- Can your child name at least one color? ☐ Yes ☐ No
- Does your child talk in three-word sentences most of the time? ☐ Yes ☐ No

## 4 Years

- Can your child pedal a tricycle at least 10 feet forward? ☐ Yes ☐ No
- Does your child play hide-and-seek, cops-and-robbers, or other games where she takes turns and follows rules? ☐ Yes ☐ No
- Does your child turn paper pages in a book one at a time? ☐ Yes ☐ No
- Does your child retell stories that are familiar? ☐ Yes ☐ No
- Can your child tell you what action is taking place in a picture? ☐ Yes ☐ No
- Does your child use action words (verbs)? ☐ Yes ☐ No
- Does your child play pretend games, such as with toys, dolls, animals, or even an imaginary friend? ☐ Yes ☐ No
- Can your child copy a circle? ☐ Yes ☐ No
- Does your child pretend to write, making marks on a page that only he can read? ☐ Yes ☐ No
- Does your child mostly use four-word or five-word sentences when talking? ☐ Yes ☐ No

## 5 Years

- Can your child button some of her clothing or her doll's clothes? (Snaps do not count.) ☐ Yes ☐ No
- Does your child react well when you leave him with a friend or sitter? ☐ Yes ☐ No
- Can your child name at least three colors? ☐ Yes ☐ No
- Can your child walk down stairs alternating her feet? ☐ Yes ☐ No
- Can your child jump with his feet apart (broad jump)? ☐ Yes ☐ No
- Can your child point while counting at least three different objects? ☐ Yes ☐ No
- Can your child name a coin correctly? ☐ Yes ☐ No
- Does your child like to relax together with you for 10 to 20 minutes of story time? ☐ Yes ☐ No
- Can your child copy a square? ☐ Yes ☐ No
- Can your child name at least some letters of the alphabet when she sees them? ☐ Yes ☐ No
- Can your child identify and print the first letter in his name? ☐ Yes ☐ No
- Can your child recognize and name several single numbers? ☐ Yes ☐ No
- Does your child recognize common street and store signs (eg, "Stop," "Open")? ☐ Yes ☐ No

# Discipline and Your Child



As a parent, one of your jobs is to teach your child how to behave. While this can take time, try not to get frustrated when your child does not behave. Instead, learn effective ways to discipline your child. The following is guidance from the American Academy of Pediatrics on how to discipline your child.

## Discipline versus punishment

Many parents think discipline and punishment are the same thing, but they are really quite different.

- **Discipline** is a positive teaching tool based on caring, praise, and instructions for good behavior.
- **Punishment** is negative; something unpleasant that happens when rules are broken. Punishment should be only a very small part of discipline.

## Start early

You may not realize it, but you actually begin teaching your child good behavior from the time your child is born. For example, when you respond to your infant's cries, you are teaching her that you are there, that you can be counted on, and that she can trust you.

Once your baby starts to crawl and walk, safety is the most critical discipline issue. This means that certain things must be off-limits. Extra supervision is important during this time. For example, if your child tries to touch a hot stove, pick her up, firmly say, "No, hot," and offer her a toy to play with instead. She may not understand you at first but, after a few weeks, she will learn.

At about 18 months of age children start to test their limits. They want to see what they can get away with, especially when it's a new rule. It may even seem that your child breaks rules on purpose. So decide what the rules will be and stick to them. Explain the rules in a way your child can understand.

## Tips to avoid trouble

To avoid power struggles with your child, address only those issues that truly are important to you. The following tips may help:

- **Offer choices when you can.** This helps you set limits and still allows your child some independence. For example, try saying, "Would you like to wear the red shirt or the blue one?"
- **Make a game out of good behavior.** Your child is more likely to do what you want if you make it fun. For example say, "Let's have a race and see who can put his coat on first."
- **Plan ahead.** If you know that certain events or outings always cause trouble, talk with your child ahead of time. Explain how you want him to behave and what will happen if he does not obey. Make sure your child is well rested and well fed, and take along a book or small toy to amuse him if he gets bored.

- **Praise good behavior.** When your child is being good, tell him! It does not have to be anything elaborate, simply say, "Thank you for coming right away," and hug your child. Do this often, especially when your child is very young.
- **Focus on a specific behavior.** Instructions and praise that are vague (like "Please clean up your room.") don't help a child know what he needs to do. Instead, point out a *specific* behavior (like "Please pick up all the clothes on your bedroom floor and put them into the basket.>").
- **Use statements, not questions.** Stating a rule as a question may seem polite (like "Would you like to put your toys away now?"), but it allows your child to say no. It's best to say what you mean (like "It's time to put your toys away.") and stick to it. Offering choices (like "Put the toys in the box or in a bag.") lets your child feel in charge while doing what you want him to do.
- **Agree on the rules.** It is important for parents and caregivers to agree on rules and discipline. If you disagree, talk about it when you are not with your child. It's confusing to children when parents and other adults have different rules.

## Discipline that works

Of course you cannot avoid trouble all of the time. Sooner or later your child will test you. It is your child's way of finding out what the limits really are.

When your child does not listen, try the following:

- **Natural consequences.** These are the times when you let your child see what will happen if she does not behave (as long as it does not place her in any danger). For example, if your child keeps dropping her cookies on purpose, she will soon have no more cookies left to eat. If she throws and breaks her toy, she will not be able to play with it. It will not be long before she learns not to drop her cookies and to play carefully with her toys.  
When you use this method, don't give in and rescue your child (by giving her more cookies, for example). Your child will learn best when she learns for herself.
- **Logical consequences.** These are the times when you will need to step in and create a consequence. For example, tell her that if she does not pick up her toys, you will put them away for the rest of the day. When you use this method, it is important that you mean what you say. Be prepared to follow through right away. You do not have to yell and scream. Be firm and respond in a calm way.
- **Withholding privileges** is when you tell your child that if she does not cooperate, she will have to give something up she likes. The following are a few things to keep in mind when you use this technique:
  - Never take away something your child truly needs, such as a meal.
  - Choose something that your child values that is related to the misbehavior.

- For children younger than 6 or 7 years, withholding privileges works best if done right away. For example, if your child misbehaves in the morning, do not tell her she can't watch TV that evening. There is too much time in between, and she probably will not connect the behavior with the consequence.
- Be sure you can follow through on your promise.
- **Time-out.** This is a technique that works well when a specific rule has been broken. It works best for children from 2 to 5 years of age, but can be used throughout childhood. Follow these steps to make a time-out work.
  1. **Set the rules ahead of time.** Decide which 2 or 3 behaviors will cause you to implement time-out and explain this to your child. You may have to repeat this often.
  2. **Choose a time-out spot.** This should be a boring place with no distractions, such as a chair. Remember, the main goal is to separate the child and allow her to pause and cool off. (Keep in mind that bathrooms can be dangerous and bedrooms may become playgrounds.)
  3. **Start the time-out.** Give your child one warning (unless it is aggression). If it happens again, send her to the time-out spot right away. Tell her what she did wrong in as few words and with as little emotion as possible. If your child will not go to the spot on her own, pick her up and carry her there. If she will not stay, stand behind her and hold her gently but firmly. Then, without eye contact, say, "I am holding you here because you have to have a time-out." Do not discuss it any further. Do not respond to pleas, promises, questions, excuses, or outbursts (such as foul language). It should only take a couple of time-outs before she learns to cooperate and will choose to sit quietly rather than be held down.
  4. **Set a time limit.** Once your child can sit quietly, set a timer so that she will know when the time-out is over. A rule of thumb is 1 minute of time-out for every year of your child's age (for example, a 4-year-old would get a 4-minute time-out). But even 15 seconds will often work. If fussing starts, restart the timer. Wait until your child is quiet before you set the timer again.
  5. **Resume activity.** When the time is up, help your child return to play. Your child has "served her time." Do not lecture or ask for apologies. Remind her that you love her. If you need to discuss her behavior, wait until later to do so.

## Tips to make discipline more effective

You will have days when it seems impossible to get your child to behave. But there are ways to ease frustration and avoid unnecessary conflict with your child.

- **Be aware of what your child can and cannot do.** Children develop at different rates. They have different strengths and weaknesses. When your child misbehaves, it may be that he simply cannot do what you are asking or he does not understand what you are asking.
- **Think before you speak.** Once you make a rule or promise, stick to it. So be sure you are being realistic. Think if it is really necessary before saying no.
- **Don't give in.** If your child throws a temper tantrum because he can't have a piece of candy and you give it to him so he will stop, he will learn that this is a way to get what he wants. Do not encourage bad behavior by giving in.
- **Work toward consistency.** Try to make sure that your rules stay the same from day to day. Children find frequent changes confusing and may push the limits just to find out what the limits are.
- **Pay attention to your child's feelings.** For example tell your child, "I know you are feeling sad that your friend is leaving, but you still have to pick up your toys." Watch for times when misbehavior has a pattern, like if your child is feeling jealous. Talk with your child about this rather than just giving consequences.
- **Learn from mistakes—including your own.** If you do not handle a situation well the first time, try not to worry about it. Think about what you could have done differently, and try to do it the next time. If you feel you have made a real mistake in the heat of the moment, wait to cool down, apologize to your child, and explain how you will handle the situation in the future. Be sure to keep your promise. This gives your child a good model of how to recover from mistakes.

## Set an example

Telling your child how to behave is an important part of discipline, but *showing* her how to behave is even more powerful. Children learn a lot about temper and self-control from watching their parents and other adults. If they see adults being kind toward one another, they will learn that this is how others should be treated. This is how children learn to act respectfully.

Even if your children's behavior and values seem to be on the right track, they will still challenge you. It is a natural part of growing up. Children are constantly learning what their limits are, and they need their parents to help them understand those limits. By doing so, parents can help their children feel capable and loved, learn right from wrong, develop good behavior, have a positive approach toward life, and become productive, good citizens.

## Why spanking is not the best choice

The American Academy of Pediatrics does not recommend spanking. Although most Americans were spanked as children, we now know that it has several important side effects.

- Even though spanking may seem to "work" at first, it loses its impact after a while.
- Because most parents do not want to spank, they are less likely to be consistent.
- Spanking increases aggression and anger instead of teaching responsibility.
- Parents may intend to stay calm but often do not, and then regret their actions later.
- Spanking can lead to physical struggles and even grow to the point of harming the child.

It is true that many adults who were spanked as children may be well-adjusted and caring people today. However, research has shown that, when compared with children who are not spanked, children who are spanked are more likely to become adults who are depressed, use alcohol, have more anger, hit their own children, hit their spouses, and engage in crime and violence. These adult outcomes make sense because spanking teaches a child that causing others pain is OK if you're frustrated or want to maintain control—even with those you love. A child is not likely to see the difference between getting spanked from his parents and hitting a sibling or another child when he doesn't get what he wants.

## Your doctor can help

If you have questions or concerns about your child's behavior, write them down and bring the list to your child's next doctor visit. However, don't wait for the next checkup to talk with your pediatrician if you think you have a big problem.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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## From your doctor

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# Temper Tantrums:

## A Normal Part of Growing Up



Strong emotions are hard for a young child to hold inside. When children feel frustrated, angry, or disappointed, they often express themselves by crying, screaming, or stomping up and down. As a parent, you may feel angry, helpless, or embarrassed. Temper tantrums are a normal part of your child's development as he learns self-control. In fact, almost all children have tantrums between the ages of 1 and 3. You've heard them called "the terrible twos." The good news is that by age 4, temper tantrums usually stop.

### Why do children have tantrums?

Your young child is busy learning many things about her world. She is eager to take control. She wants to be independent and may try to do more than her skills will allow. She wants to make her own choices and often may not cope well with not getting her way. She is even less able to cope when she is tired, hungry, frustrated, or frightened. Controlling her temper may be one of the most difficult lessons to learn.

Temper tantrums are a way for your child to let off steam when she is upset. Following are some of the reasons your child may have a temper tantrum:

- Your child may not fully understand what you are saying or asking, and may get confused.
- Your child may become upset when others cannot understand what she is saying.
- Your child may not have the words to describe her feelings and needs. After 3 years of age, most children can express their feelings, so temper tantrums taper off. Children who are not able to express their feelings very well with words are more likely to continue to have tantrums.
- Your child has not yet learned to solve problems on her own and gets discouraged easily.
- Your child may have an illness or other physical problem that keeps her from expressing how she feels.
- Your child may be hungry, but may not recognize it.
- Your child may be tired or not getting enough sleep.
- Your child may be anxious or uncomfortable.
- Your child may be reacting to stress or changes at home.
- Your child may be jealous of a friend or sibling. Children often want what other children have or the attention they receive.
- Your child may not yet be able to do the things she can imagine, such as walking or running, climbing down stairs or from furniture, drawing things, or making toys work.

### How to help prevent temper tantrums

As a parent, you can sometimes tell when tantrums are coming. Your child may seem moody, cranky, or difficult. He may start to whine and whimper. It may seem as if nothing will make him happy. Finally, he may start to cry, kick, scream, fall to the ground, or hold his breath. Other times, a tantrum may come on suddenly for no obvious reason. You should not be surprised if your child has tantrums only in front of you. This is one way of testing your rules and limits. Many children will not act out their feelings around others and are more cautious with strangers. Children feel safer showing their feelings to the people they trust.

You will not be able to prevent all tantrums, but the following suggestions may help reduce the chances of a tantrum:

- **Encourage your child to use words** to tell you how he is feeling, such as "I'm really mad." Try to understand how he is feeling and suggest words he can use to describe his feelings.
- **Set reasonable limits** and don't expect your child to be perfect. Give simple reasons for the rules you set, and don't change the rules.
- **Keep a daily routine** as much as possible, so your child knows what to expect.
- **Avoid situations that will frustrate your child**, such as playing with children or toys that are too advanced for your child's abilities.
- **Avoid long outings or visits** where your child has to sit still or cannot play for long periods of time. If you have to take a trip, bring along your child's favorite book or toy to entertain him.
- **Be prepared with healthy snacks when your child gets hungry.**
- **Make sure your child is well rested**, especially before a busy day or stressful activity.
- **Distract your child** from activities likely to lead to a tantrum. Suggest different activities. If possible, being silly, playful, or making a joke can help ease a tense situation. Sometimes, something as simple as changing locations can prevent a tantrum. For example, if you are indoors, try taking your child outside to distract his attention.
- **Be choosy about saying "no."** When you say no to every demand or request your child makes, it will frustrate him. Listen carefully to requests. When a request is not too unreasonable or inconvenient, consider saying yes. When your child's safety is involved, do not change your decision because of a tantrum.
- **Let your child choose whenever possible.** For example, if your child resists a bath, make it clear that he will be taking a bath, but offer a simple decision he can make on his own. Instead of saying, "Do you want to take a bath?" Try saying, "It's time for your bath. Would you like to walk upstairs or have me carry you?"
- **Set a good example.** Avoid arguing or yelling in front of your child.

## A word about...safety

Many times, you will have to tell your child "no" to protect her from harm or injury. For example, the kitchen and bathroom can be hazardous places for your child. Your child will have trouble understanding why you will not let her play there. This is a common cause of a tantrum. "Childproof" your home and make dangerous areas or objects off-limits.

Keep an eye on your child at all times. After telling your child "no," never leave her alone in a situation that could be hazardous. Take away dangerous objects from your child immediately and replace them with something safe. It is up to you to keep your child safe and teach her how to protect herself from getting hurt. Be consistent and clear about safety.

## What to do when tantrums occur

When your child has a temper tantrum, follow the suggestions listed below:

1. Distract your child by calling his attention to something else, such as a new activity, book, or toy. Sometimes just touching or stroking a child will calm him. You may need to gently restrain or hold your child. Interrupt his behavior with a light comment like, "Did you see what the kitty is doing?" or "I think I heard the doorbell." Humor or something as simple as a funny face can also help.
2. Try to remain calm. If you shout or become angry, it is likely to make things worse. Remember, the more attention you give this behavior, the more likely it is to happen again.
3. Minor displays of anger such as crying, screaming, or kicking can usually be ignored. Stand nearby or hold your child without talking until he calms down. This shows your support. If you cannot stay calm, leave the room.
4. Some temper tantrums cannot be ignored. The following behaviors should not be ignored and are not acceptable:
  - Hitting or kicking parents or others
  - Throwing things in a dangerous way
  - Prolonged screaming or yelling

Use a cooling-off period or a "time-out" to remove your child from the source of his anger. Take your child away from the situation and hold him or give him some time alone to calm down and regain control. For children old enough to understand, a good rule of thumb for a time-out is 1 minute of time for every year of your child's age. (For example, a 4 year old would get a 4-minute time-out.) But even 15 seconds will work. If you cannot stay calm, leave the room. Wait a minute or two, or until his crying stops, before returning. Then help him get interested in something else. If your child is old enough, talk about what happened and discuss other ways to deal with it next time.

For more information, ask your pediatrician about the American Academy of Pediatrics brochure *Discipline and Your Child*.

You should never punish your child for temper tantrums. He may start to keep his anger or frustration inside, which can be unhealthy. Your response to tantrums should be calm and understanding. As your child grows, he will learn to deal with his strong emotions. Remember, it is normal for children to test their parents' rules and limits.

## Do not give in by offering rewards

Do not reward your child for stopping a tantrum. Rewards may teach your child that a temper tantrum will help her get her way. When tantrums do not accomplish anything for your child, they are less likely to continue.

You may also feel guilty about saying "no" to your child at times. Be consistent and avoid sending mixed signals. When parents don't clearly enforce certain rules, it is harder for children to understand which rules are firm and which ones are not. Be sure you are having some fun each day with your child. Think carefully about the rules you set and don't set too many. Discuss with those who care for your child which rules are really needed and be firm about them. Respond the same way every time your child breaks the rules.

## When temper tantrums are serious

Your child should have fewer temper tantrums by the middle of his fourth year. Between tantrums, his behavior should seem normal and healthy. Like every child, yours will grow and learn at his own pace. It may take time for him to learn how to control his temper. When the outbursts are severe or happen too often, they may be an early sign of emotional problems. Talk to your pediatrician if your child causes harm to himself or others during tantrums, holds his breath and faints, or if the tantrums get worse after age 4. Your pediatrician will make sure there are no serious physical or psychological problems causing the tantrums. He or she can also give you advice to help you deal with these outbursts.

It is important to realize that temper tantrums are a normal part of growing up. Tantrums are not easy to deal with, and they can be a little scary for you and your child. Using a loving and understanding approach will help your child through this part of his development.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

## From your doctor

American Academy  
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