

MANAGING BIG EMOTIONS



Calm, consistent responses to big emotions support everyone's wellbeing and help children to develop lifelong self-regulation skills.



Children watch and learn from important adults in their lives



Pausing before responding helps



Parents and carers can be the calm in the storm

TANTRUMS

On average, children between 3 and 4 years old have one tantrum each day¹.

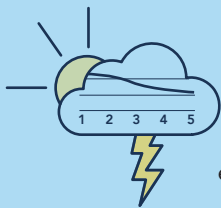
The emotional centre of their brain is developing, and they're learning how to handle frustration and communicate their needs.



AGGRESSION

Hitting, kicking, biting, pushing:

aggression is a common way children express uncomfortable feelings. Anger outbursts typically peak at 18 to 24 months and slowly decrease by age 5².



STAYING CALM IS KEY

When parenting feels tough, calmness can diffuse difficult situations and teach children valuable self-regulation skills.



Triple P's evidence-based parenting programmes are a trusted resource to handle challenges calmly and confidently.

GET INSIGHTS INTO HOW HANDLING BIG EMOTIONS BENEFITS FAMILIES

Read Triple P's articles on

Tantrums ▶

Aggression ▶

Yelling ▶

SOURCES: ¹ Hoyniak et al. (2023). Developmental pathways from preschool temper tantrums to later psychopathology. *Dev Psychopathol*, 35th, 1643.

² Liu et al. (2013). Understanding aggressive behaviour across the lifespan. *J Psychiatr Ment Health Nurs*, 20th, 156.