

Temper Tantrums and Homoeopathy

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ABSTRACT

Young children use tantrums as a means to control their emotions, express themselves, and attempt to comprehend or alter their environment. This is due to the fact that at this age, children's social and emotional skills are just beginning to develop. Children frequently lack the words to adequately communicate strong feelings. Therefore, it is up to parents to handle tantrums without damaging their kids' self-esteem. By homoeopathy we can successfully treat and lessen the severity of tantrums.

Keywords: Anger, ego, emotions, frustration, behavior, homoeopathy

INTRODUCTION

Temper tantrums are sudden outbursts of rage in young children (about 1 to 3 years old). An incident of severe rage and frustration known as a tantrum is characterised by sobbing, yelling, and violent physical movements such as hurling objects, falling to the ground, and slamming one's head, hands, and feet against the floor. They frequently happen as a result of unfulfilled wants or desires. Younger children or those who are unable to express their needs or regulate their emotions when they become irritated are more likely to throw tantrums. Children may throw tantrums if they are hungry, uncomfortable, or weary. When they can't get a toy or a parent to do what they want, they may have a meltdown. Children in preschool and toddlerhood frequently have tantrums. Because of his or her weak linguistic skills, the youngster feels frustrated when unable

to assert autonomy or complete a difficult activity on their own. Therefore, the frustration is shown through undesirable habits. As the youngster learns to manage his negativity, this behaviour gradually diminishes by the ages of 3-6 years after reaching its height between the second and third years of life.

Coping with tantrums

Tantrum management may be both exhausting and frustrating.

Here are some other suggestions for remaining composed and maintaining perspective:

- Create a plan for temper tantrums. Whatever the circumstance, have a clear plan for how you'll handle a tantrum. When the tantrum occurs, concentrate on carrying out your plan.
- Recognise that you have no direct control over your child's feelings or actions. You can only ensure your child's safety and control their behaviour to prevent tantrums in the future.
- Pay close attention to the good things. Make it a habit to praise your child when they behave well. Give your child praise and attention as a reward for good behaviour.
- Recognise that change takes time to manifest. Self-regulation skill development and practice are lifelong endeavours.

- Avoid assuming that your child is intentionally misbehaving or out to get you. Children don't throw tantrums on purpose; instead, they become locked in a poor habit or lack the abilities necessary at the time to deal with the problem.
- Distract your youngster by giving them an alternative to the thing they're not allowed. Replace the annoying or prohibited activity with a new one, or just alter the setting.
- Do not lose your humour. But don't laugh at the tantrum because if you do, your child might get attention for it. He can become even more irate if he believes you are making fun of him.

Tantrum Tactics

When a youngster tantrums, it is recommended to exhibit "intelligent neglect". The mother should leave the area without reacting or expressing any worry. If the mother goes about minding her own business in a matter-of-fact way, the child often settles down swiftly and politely. It is not a good idea to react angrily to the child's tantrum. When dealing to a tantrum, remain calm. Avoid adding to the issue by expressing your own displeasure or rage. Remind yourself that part of your job is teaching your child to control their emotions. You must therefore maintain your composure.

Depending on why your child is upset, different strategies should be used to handle tantrums. You might need to offer consolation from time to time. It's time for a sleep or a snack if your kid is tired or hungry. Ignoring a tantrum that a child is throwing to obtain attention from parents is one of the best strategies to stop this behaviour. If your youngster throws a fit after being denied something, remain composed and don't give him many reasons why he can't have it. Switch to a different activity with your kid.

It is advisable to ignore a tantrum that your child has when she is being forced to do something she does not want to do. However, make sure you carry out your plan to have your child finish the work once she is calm. During a tantrum, children who pose a risk to themselves or others should be transferred to a calm, safe location. This also holds true for outbursts in public.

"A child can occasionally just need to vent his rage. So permit him. Taking a "time out" after a tantrum, which involves asking the child to be by themselves in a secure and peaceful location for a short while, is helpful. Then, welcome him back to reality with a strong hug. Even if you disagree with a child's behaviour, a hug can help them feel comfortable and show them that you care.

Homoeopathic management.

Homoeopathy is based on symptom similarity, therefore by using the symptoms displayed during tantrums as well as the overall picture, we may locate a similar medicine, allowing us to treat temper tantrums effectively and provide a long-lasting solution. According to how closely the following drugs treat the symptoms, they can be used to treat tantrums.

Chamomilla:

Extremely sensitive, agitated, sweaty, thirsty, whimpering, restless. The child requests a lot, which he repeatedly rejects. He is whining in agony because he is unable to get what he wants. Only by being carried around and constantly patted can a child be calmed. complaints stemming from annoyance and rage. Intolerant of being talked to or interrupted, impatient.

Cina:

Ill humour. Very angry child who doesn't want to be touched, crossed, or carried. Despite having many desires, they turn down every opportunity. abnormal consciousness, as if they had done something bad.

Tuberculinum:

Easily irritable, especially when first awake. Depressed, sad, fear of dogs and other animals in particular, want to swear and use foul words. seeks ongoing change. youngsters with mental disabilities.

Stramonium:

Joy quickly turns to sadness. lewd and violent. Identity delusions on his part. Cannot stand being alone or in the dark; needs light and company. feeling dizzy and wanting to get away. loud, chatty, giggling, singing, swearing, praying, and rhyming.

Tarentula hispanica:

Restlessness, inability to remain silent in any situation, object flinging, self-biting, and restlessness made worse by music.

Carcinosin:

Children with talent who are also obsessive, compulsive, and stubborn also struggle with sleep disorders. These kids might also struggle with addiction issues.

Nux Vomica:

Sensitive to all impressions and easily irritated. maliciously ugly. cannot stand smells, light, noise, etc. like not to be touched. She is significantly impacted by even the smallest illness. willing to criticise others.

Belladonna:

Usually for those who, when healthy, are vivacious and amusing but, when ill, become violent and frequently delusional. Very sensitive, sudden outcries that were violent and sudden in their onset. Fear of the dark, violent delirium, propensity to bite, spit, strike, and tear things, desire to bite and attack the attendants, and attempts to flee are some of the symptoms.

CONCLUSION

Temper tantrums are a common behaviour that children exhibit as their egos develop. Depending on the person, tantrums can range in intensity. It should be managed by

acknowledging the transitioning stage of the child. Parents should be patient and provide their child with the necessary assistance to help them get through this stage. By correctly administering our symptomatic treatment, we are able to lessen the severity and provide long-lasting comfort.

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