

Why do children act out?

It's completely normal for children to test boundaries and break rules sometimes. They're still learning what's okay and what isn't.

How you respond makes a big difference. If you stay calm, it helps your child feel safe and learn the right way to behave. Reacting with anger can be upsetting for both of you and won't teach them the lesson you want.

For more useful parenting information and advice, visit nspcc.org.uk



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Helpline

If you need support or would like advice, call the NSPCC Helpline on **0808 800 5000**.



NSPCC

**From
supermarket
tantrums to
mealtime
meltdowns...**

**Take 5
Seconds**

**What does your
calm look like?**





Being a parent can be wonderful and rewarding – but it's also exhausting and challenging.

From supermarket tantrums to mealtime meltdowns, children's behaviour can be unpredictable and sometimes hard to manage.

If this leaves you feeling frustrated or angry, that's completely natural. But reacting in anger is never OK.

If you're feeling at the end of your tether, **Take 5 Seconds.**

When you find your calm, your child feels safe and learns how to handle big feelings too.



5 tips to help find your calm together

1

Your calm helps them feel safe.

Take a breath before you respond - it helps you stay steady and show them how to cope.

2

Children do best with simple, calm guidance.

Stick to a few clear rules and stay calm when reminding them - they're still learning.

4

Support helps them grow.

When things get tough, help them name their feelings and work through it together.

5

Remember you're not alone.

Every parent and carer finds it tough sometimes. Talk to someone you can confide in like a partner, friend, family member or a professional like a health visitor or family support worker.

3

Connection builds trust and confidence.

Small moments - a smile, a cuddle, a kind word - help your child feel loved and understood.