



What are Temper Tantrums?

As frustrating as they are, [temper tantrums](#) are a normal part of early childhood. Essentially, [temper tantrums](#) are your child's way of **dealing with frustration and disappointment** and a way for children to establish some independence.

Coming in a great variety of shapes and sizes, [temper tantrums](#) can range from **fits of screaming and uncontrollable crying**, to great explosions of anger and acting-out behavior. In the throws of a tantrum, children may drop to the floor, kick, scream, or run away, and in some cases, hold their breath, vomit or become physically aggressive to those around them.

What Causes Temper Tantrums?

An important thing to keep in mind is that your child is not throwing a tantrum simply to annoy you; in fact, your child is probably just as distressed and stressed as you are except they just aren't as good at **containing these negative emotions**.

If properly controlled, [temper tantrums](#) can be kept to a minimum and they need not be a major cause for concern. However, some children do have a lower tolerance for frustration and sometimes parents and their children need a little help.

Help for Temper Tantrums

Natural homeopathic remedies can be used with great success to calm and soothe angry and oppositional children, and to help them use their developing reasoning skills more easily. Artemesia Cina can be used to **relieve irritability, increase frustration tolerance** and [prevent temper tantrums](#), while Chamomilacan be used to sooth frustrated and upset children.

Used together with consistent discipline, firm guidelines and a loving home environment these natural ingredients can help your child to overcome the storms of excessive [temper tantrums](#) and bring peace to your household!

Tips for taming Temper Tantrums

[Temper tantrums](#) do decline as children get older and they learn to develop more effective ways of dealing with their emotions, until then; here are a few things that may help you control your [child's temper tantrums](#) more effectively:

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- **Never reward the tantrum.** Your child will not learn more effective ways of reasoning if the [temper tantrums](#) are working just fine. While most parents know this golden rule, it is so often broken because it is often much easier than having to deal with the alternative. However, giving in to your child's demands and moving the boundaries will cause bigger problems later on and it will make your child uncertain and confused about your authority.
- **Where you can, prevent the tantrum before it happens.** [temper tantrums](#) are more likely to occur if your child is tired, hungry or over-stimulated, so take care of these issues first. Also, learn to be in tune to what your child is feeling. If you sense they are getting frustrated or bored, then distract them or remove them from the aggravating situation before the tantrum happens.
- **Learn to identify the tantrum triggers.** Certain situations such as such as shopping, mealtimes and the end of play-time are common triggers. Prepare your child well in advance for these times so that they know exactly what to expect. If your child is not allowed something, then you can also keep that thing out of reach or out of sight so that it is not a constant temptation.
- **Stay calm, and if you're not – then just pretend.** Getting into a state will only aggravate the situation so the best thing to do is to stay calm. Keep your voice cool and level and your actions slow yet deliberate.
- **Be constant in your reaction.** If your child knows exactly what to expect then he or she will quickly learn that the tantrum is fruitless. Make sure that there is no reward involved.
- **Wait it out.** Sometimes the best thing to do is to ignore the tantrum altogether or put your child in time out. Reasoning should be done before a tantrum and will usually be to no avail if done during the tantrum. Once your child has cooled off, then re-explain the situation and a how it could have been handled differently.
- **Always reward the good behavior.** Make sure you give plenty of praise on those occasions where your child has successfully managed frustration and disappointment.
- **Lastly, accept that you cannot directly control your child's emotions.** Your [child's temper tantrums](#) are not a testament to your parenting skills. Rather, judge your parenting on how you are able to handle the situation, leaving room for being human and the odd day where you don't handle things well.

The Natural Approach


While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior

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to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

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