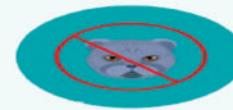


# STATE TIMES

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## Tantrums are important for child's growth; learn tips to handle them like a pro

We've all seen a child throw tantrums in a park, a birthday party, a movie theatre...and their embarrassed parent trying to control them, usually in a stern tone. We all have probably been that child too, and if you are a parent, then you might have faced this troublesome situation from your end. But what if we tell you that tantrums are not necessarily "bad behaviour," as is usually interpreted by most of us.

Tantrums are a necessary part of a child's development and they come in all shapes and sizes. To help you cope with them, you need to understand them, so here is everything you need to know about tantrums and why it's natural and even important for your little ones to have them.

### Why do tantrums happen?

Don't you feel like venting out or complaining or sometimes even hitting someone, when you are angry or frustrated? It's exactly the same for toddlers. Now you may reason that your anger is justified while those tantrums are utterly unreasonable.

Well, tantrums are a response to a sudden powerful emotion that your child feels, be it anger, frustration, fear, or sadness. They don't know how to cope with it so they 'explode' by either crying, screaming, falling down, kicking or banging things. This is completely normal behaviour, even though it might not seem acceptable or civil from your point of view.

### How are tantrums normal?

Tantrums are often most common in toddlers because their social and emotional skills are just starting to develop, because of which they don't often have the vocabulary to communicate how they are feeling. Sometimes they are unable to manage their emotions because a part of them desires independence and exploration at this age, but they also fear being separated from you. It is important to note that a toddler is still learning to grasp the environment and they are discovering that their actions can change what's going on around them.

### Importance of tantrums

Tantrums are an essential developmental stage for children as they indicate that your child is reacting, responding and interacting more with the world around them, as well as with their own emotions, thoughts and feel-



ings. They are trying to learn how to go about it, and might often not be able to do it in the best of ways – resulting in frustration and tantrums.

This stage is very important as it sets a precedent for how they will manage difficult situations throughout their whole life. This doesn't mean you need to suppress and dismiss their tantrums as something negative. Take it as a process and teach them how to manage their difficult emotions. This can make a massive difference in their lives as an adult.

Here are some effective tips that can help you handle your child's tantrums in a way that will be much more peaceful for both you and your kid.

**Don't lose your cool:** If you get angry or frustrated with your child every time they throw a tantrum and respond by shouting or threatening punishment, you will only worsen their behaviour. Children are often just unable to handle the emotion that they are feeling, so don't leave them alone and sit with them while they get through it.

**Don't punish:** Yes, tantrums are a behaviour that parents want to and should discourage, but punishing your child teaches them that they can't trust you to help them when they feel this way. They might feel that you don't understand their situation and they might feel alone. This can have negative effects on your child as they grow.

**Always talk it over later:** There is no point in reasoning while your child is in an emotional turmoil. Once the storm has subsided, it is time to talk about what happened, in a comfortable and not confrontational manner. It's essential that they process their emotion and try to understand it, so discuss it in very simple terms.

**Tell them you love them:** Once your toddler is calm and you've discussed why the tantrum happened, end it with a positive note by giving your child a hug and telling them that you love them. This will act as a reward for engaging in healthy communication, setting a good precedence for managing emotions as they grow.

**Teach them vocabulary:** When you're talking about the tantrum episode after everything has settled, teach your child to "use their words" – what they need to say the next time they feel this way, instead of acting out.

## Expert recommended yoga stretches for those working from home



If you work from home, you're familiar with the physical and mental strain that sitting in front of a computer can cause. But what if there was a simple way to relax and de-stress while still keeping your mind and body active? There is yoga. Start with a few lighter ones while your body is still in snooze mode, and then work it out to get your blood pumping; it's always better to reap the benefits of these morning sweating sessions. Because once we understand the advantages, we seem to stick with them. We've compiled a list of some of the best yoga practices for different parts of your body where you might be experiencing pain from working in your home office for long periods of time.

### Yoga to reduce anxiety and stress

Do you have a deadline approaching? It's natural to feel anxious and stressed at times. You can feel the anxiety fade away with this yoga practice, allowing you to be ready and focused on the tasks ahead. A 10-minute hip stretching can be stress-relieving. It's a pose that requires you to completely relax by resting your torso on the yoga mat, by laying down, and stretching one leg at a time in the other direction. It concentrates on relaxing tense muscles and body parts while also improving your breathing.

### Yoga for stiff back muscles

Back pain from sitting for long periods of time is the bane of sedentary workers. A full-body yoga stretch is a great way to relax and get comfortable if you're having trouble with your back muscles. This yoga practice strengthens your hips, shoulders, back, and hamstrings. It begins with full stretches to relieve tension in your muscles and joints and concludes with savasana, or lying completely still. After a long day, this practice combines stress release and relaxation techniques to help you relax.

### Yoga for sore shoulders

Long periods of time spent hunched over a computer put a lot of strain on your shoulders, resulting in poor posture and unbearable pain. This is common among remote workers such as software developers, customer service representatives, and writers. Raise your right shoulder to your ear while sitting upright. Roll your shoulder back and forth slowly, lowering it away from your ear, same with the left shoulder.

### Yoga for lower back pain

Another common issue for workers who sit for long periods of time is back pain. This set of stress routines for back pain will help you release tension in your upper, middle, and lower back. It awakens your awareness of your body, allowing you to relax and feel less tense in your back. Begin with a gentle child's pose to relax your hip and lower back muscles before moving into the cat-cow pose. This routine will easily guide you through the 10-minute routine, with a deeply relaxing savasana pose at the end.

### Yoga for core strength

This is a good ab exercise because it works on both upper and lower abs. When done correctly, it is an excellent core strength builder. It can be an excellent morning workout routine for beginners, despite its difficulty. This routine can be carried out by

- Lie down on your back on a mat or the floor.

Extend your legs to the ceiling, forming a 90-degree angle with your body.

Maintain your arms at your sides. Lower your legs to the mat gently by engaging your core.

## How to manage a hyperactive dog



Dogs are adorable and they have their own way of expressing happiness. Some start licking you and making circles around you with their tails wagging like a motor. But, there are some dogs that are hyperactive and they jump around way too much, hurting people around them. There are some breeds whose hearts or lungs can't take that much excitement either. So how do you work with such dogs and deal with the situation? Here are 4 tips that will help you manage a hyperactive dog.

### Don't encourage the behaviour

Your first reaction to an excited dog is to encourage him/her to be happy the way it is. But by doing so, you are encouraging the dog to act the way it does when it is excited. If it jumps a lot of people and unknowingly hurts faces and hands with the nails, it will be you who will get into trouble. If his/her excitement is dealt with affection or increased attention, it will start taking it as a reward. So don't touch, don't talk in that baby voice and turn the other way if he/she starts jumping like a maniac.

### Walking to wear them out

Leaving your dog in the park so that it can run around and wear itself out is not the right way to go about it. This kind of habit actually makes them more excited and some pup hearts can't take that much. Instead, put a leash on them and take them out for a walk. When the dog walks, they are not just there to do their business, they also channel in their primal instincts by smelling and watching out for what's there on the road. That divides their excess energy. Make sure some water and food is ready when you both are back as that would be the dog's reward. The practice here is to put them in a habit of associating calmness with reward.

### Playing the right games

Provide more outlets to their energy. Play hide and seek, tugging, fetch the stick or ball with them. You can also play those hidden treats or cup games to divide their attention. You are controlling their intensity and helping them stimulate their mind too.

### Work on their sense of smell

The primary sense of a dog is the nose and capturing that has a calming effect on them. Engage their nose by making them smell some lavender or chamomile, different flowers etc. But before you do that, make sure your dog is not allergic to a scent. Consult your vet too.

