

# CPR—Temper Tantrum Links

Contemporary Pediatrics Resources



For parents or practitioners looking for advice on temper tantrums—from the common ones of the terrible twos to those of teens lashing out at their parents—the Web offers pools of advice a mile wide but only a few inches deep. *Contemporary Pediatrics'* new podcast on temper tantrums aims to fill that gap, as do these Web sites. Access this special feature at [www.contemporarypediatrics.com](http://www.contemporarypediatrics.com). Most offer common-sense advice, but results, of course, vary from child to child.

#### **AAP's Temper Tantrums:**

[www.medic.com/MedLB/article\\_detailb.cfm?article\\_ID=ZZZIM9R9H4C&sub\\_cat=21](http://www.medic.com/MedLB/article_detailb.cfm?article_ID=ZZZIM9R9H4C&sub_cat=21)  
From [www.medic.com](http://www.medic.com), a site cofunded by the American Medical Association to facilitate physician communications.

#### **Anatomy Of A Tantrum:**

<http://wondertime.go.com/parent-to-parent/article/anatomy-of-tantrums.html>  
From the parenting magazine *Wondertime*.

#### **Ask Dr Sears: Temper Tantrums:**

[www.askdrsears.com/html/6/T063300.asp](http://www.askdrsears.com/html/6/T063300.asp)  
From the Dr. Sears family of pediatricians.

#### **Child Behavior:**

<http://familydoctor.org/online/famdocen/home/children/parents/behavior/201.html>  
From The American Academy of Family Physicians's Family Doctor.com page.

#### **Dr. Greene's Tantrum Page:**

[www.drgruene.org/body.cfm?id=21&action=detail&ref=1201](http://www.drgruene.org/body.cfm?id=21&action=detail&ref=1201)  
From the parenting page of Dr. Greene.com.

#### **Growth and Development: Temper Tantrums:**

[www.lpch.org/diseaseHealthInfo/healthLibrary/growth/temptant.html](http://www.lpch.org/diseaseHealthInfo/healthLibrary/growth/temptant.html)  
From the Lucile Packard Children's Hospital in Stanford, Calif.

#### **Help! It's Another Tantrum!:**

[www.kidsource.com/better.world.press/tantrums.html](http://www.kidsource.com/better.world.press/tantrums.html)  
From Kid Source, a site run by parents to answer questions about childrearing.

#### **How To Stop A Temper Tantrum In Seconds:**

[www.drphil.com/articles/article/293](http://www.drphil.com/articles/article/293)  
From the Web site of talk-show host and psychologist Dr. Phil McGraw, PhD.

#### **KidsHealth's Temper Tantrum Page:**

[www.kidshealth.org/parent/emotions/behavior/tantrums.html](http://www.kidshealth.org/parent/emotions/behavior/tantrums.html)  
Physician-reviewed advice about handling tantrums.

#### **Managing Temper Tantrums:**

[www.mayoclinic.com/health/tantrum/HQ01622](http://www.mayoclinic.com/health/tantrum/HQ01622)  
Advice from a Mayo clinic specialist.

#### **Medline Plus: Tempter Tantrums:**

[www.nlm.nih.gov/medlineplus/ency/article/001922.htm](http://www.nlm.nih.gov/medlineplus/ency/article/001922.htm)  
From the US National Library of Medicine and the National Institutes of Health.

#### **Pediatric Advisor's Temper Tantrums:**

[www.med.umich.edu/1libr/pa/pa\\_btantrum\\_hhg.htm](http://www.med.umich.edu/1libr/pa/pa_btantrum_hhg.htm)  
From the University of Michigan Health Systems' C.S. Mott Children's Hospital page.

#### **Problem: Tantrums:**

[www.babycenter.com/refcap/toddler/toddlerbehavior/11569.html](http://www.babycenter.com/refcap/toddler/toddlerbehavior/11569.html)  
All articles approved by BabyCenter's medical advisory board.

#### **Project Cope:**

[www.copetocare.com](http://www.copetocare.com)  
A site run by the Shaken Baby Syndrome Council, to prevent parents from inflicting head trauma when their child is inconsolable.

#### **Supernanny:**

[www.supernanny.us.com](http://www.supernanny.us.com)  
Behavior advice from the British "Supernanny" of television fame.

#### **Taming Temper Tantrums:**

[www.nncc.org/Guidance/tam.temp.html](http://www.nncc.org/Guidance/tam.temp.html)  
From the National Network for Child Care, which is run through Iowa State University.

#### **Web MD's Temper Tantrum Page:**

<http://children.webmd.com/tc/Temper-Tantrums-Topic-Overview>  
From the medical portal's Children's Health page.

We list these questionable products and services not because we recommend them, but because parents may turn to them in desperation. At least one recommends not listening to either pediatricians or psychiatrists.

#### **Curb Your Kid:**

[www.curbyourkid.com](http://www.curbyourkid.com)  
Expert: Greg Evans, parent.

#### **Good Child Guide:**

[www.good-child-guide.com](http://www.good-child-guide.com)  
Expert: Noel Swanson, MD.

#### **My Out-Of-Control Teen:**

[www.myoutofcontrolteen.com](http://www.myoutofcontrolteen.com)  
Expert: Mark Hutten, MA.

#### **Neu-Becalm'd:**

[www.neurecovery.com/temper](http://www.neurecovery.com/temper)  
An herbal supplement that claims to increase serotonin levels, thus ending temper tantrums.

#### **Terrific Parenting:**

[www.terrificparenting.com](http://www.terrificparenting.com)  
Expert: Randy L. Cale, PhD.

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