



Tears and Tantrums: What to Do When Babies and Children Cry

Aletha J. Solter

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Tears and Tantrums is a revolutionary book describing the function of crying and raging during infancy and childhood (birth to eight years of age). It has been translated into Dutch, French, and German. This book will help you improve your relationship with children, whether you are a parent or a professional. You will gain a better understanding of why babies and children cry, and you will learn how best to respond. The author explains that crying often serves as a vitally important stress-release mechanism, and she recommends responding with compassionate listening and acceptance. Benefits of this approach include:

- helping babies sleep better (without ignoring them)
- helping children heal from stress and trauma
- increasing children's attention span and intelligence
- improving children's self-esteem and emotional health
- reducing children's violent behavior & hyperactivity
- strengthening the parent/child bond

Tears and Tantrums: What to Do When Babies and Children Cry Details

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From Reader Review Tears and Tantrums: What to Do When Babies and Children Cry for online ebook

Floramanda says

Interesting ideas, I liked the concept of crying being a healthy form of stress-relief in children (especially since I live with a child who needs to get his emotions out--OFTEN!) It was geared more towards babies but made for a good skim-reading. If you liked Unconditional Parenting, you'd probably like this one, too.

Allison says

An interesting book, and I liked her theories. I think subconsciously I already knew some of it, and that's why it made sense. Some of my questions about crying are still unanswered, however, such as

- 1) What do you do when both children are crying/raging at once?
- 2) How do you let children know they've done something seriously wrong without punishing them (and if they're not crying, but smirking at your attempts to lecture)?
- 3) What if their thumb sucking is not a control anymore, but a habit to help them sleep? How do you break that habit? (I've tried her strategies, but Adele gives me a look like "you're being annoying, and no, I don't need to cry anymore".

Anyway, I did like the book, and it's always good to remember how much my parenting needs constant improvement and vigilance.

Anna Casian-Mustea?? says

Îmi place atât de mult rolul de mamă, încât nu mă satur niciodată de copiii mei. Mă străduiesc, pe cât e posibil, să fiu alături de ei și să le ofer tot de ce au nevoie. Cu toate acestea, unele situații mă depresionează și cu greu le fac față. Una dintre aceste situații este PLÂNSUL. Cred că vecinii deja sunt sătui de plânsul Ceciliei și, mai ales, de cel al lui Stelian. Cecilia plânge când se plictisește și vrea atenție. Stelian a plâns din cauza colicilor, iar acum – a dinților. Cel puțin, așa credeam eu, până când a ajuns în mâinile mele o carte care mi-a schimbat total viziunile asupra plânsului copiilor - "Lacrimi și crize de furie. Ce e de făcut când bebelușii și copiii plâng" de Aletha Solter.

Eram cam sceptic în privința tehnicilor propuse de autoare, dar într-o zi, mi-am luat inima în dinți și am făcut experimente pe Stelian. Și, ca prin minune, rezultatul a fost uimitor.

Deci, în carte autoarea propune să lășăm copilul să plângă. Asta în cazul în care acesta nu plânge din motiv de boală. Să lășăm să plângă pentru a elimina stresul acumulat pe parcursul zilei/ zilelor anterioare. Copii, ca și maturii, au nevoie de o metodă de "descărcare" a emoțiilor, iar cea mai la îndemână pentru ei este plânsul.

Eu nu am reușit să o las pe Cecilia mult timp să plângă. Deseori încerc, dar nu pot. Atunci o iau în brațe, o mângâi și astfel ea încetează plânsul. Și credeți-mă – nu e bine. După o bucată de timp, criza iar începe. Și atunci chiar nu mai știu ce să îi fac. Mă enervez și eu, și ea.

Cu Stelian altfel stau lucrurile. Când începe a plânge îl iau în brațe și nu încerc să îl linițesc, ci îl încurajez să plângă atât timp cât are el nevoie. Plânge mult și tare, scapă de stres, doarme și după trezire e alt om.

Așa suntem cu toți fericiți.

Ca să mă înțelegeți despre ce vorbesc, vă propun să citiți cartea. Veți avea ce învăța!

Lisa Mitchell says

Having two children in the house currently in the Tears and Tantrum stages made this book a pretty quick read for me! I could not get the information fast enough. Well written and easy to understand, I enjoyed many of the processes outlined in this book! There was a recommendation in the book to two other books which I also picked up! I recommend this book to new parents. It is hard to allow your child to cry and this book gives you real hands on solutions to a crying infants!

Catherine says

This book completely changed my view of babies and children crying. Instead of option 1 - getting your kid to stop crying by using any means necessary (nursing, rocking, feeding, diapering, etc.) or option 2 - leaving them to cry it out alone, the author provides option 3 - simply accepting your child's cry, trying to verbalize what you think they might be upset about.

We've tried this with my 2 y.o. (I don't know how I could do it with a baby). When he's acting naughty, or when he wakes up crying from his nap, I will say something like "Are you really missing Daddy today?" (or whatever else I think he might be upset about). He almost always begins to cry more, saying "Daddy, daddy" and he will carry on crying for a few minutes. We don't try to get him to stop crying, we say "it's okay to miss Dad" or "It's okay to be sad, etc." After he cries for a few minutes, he's back to his normal, cheerful self, no more misbehaving (except for normal 2 y.o. behavior, of course!). I've been amazed at how well this works for us!

Emily says

Attachment CIO? Advocates substituting mere presence for soothing, interprets crying as stress relief, and not as the engine of distress. Pro-slings and pro-co-sleeping, but labels bf for comfort as an anti-crying "control pattern." Is "stress" here anything more than blocked chi? I have no doubt Dr. Solter believes what she's saying because she's certainly far wide of any marketing target with this theory.

Hafidha says

Quote (pg. 16): It is interesting that the word "emotion" comes from a Latin word meaning "to move." The English language further expresses this when we say, for example, "I was very moved by the film." This implies that our uninhibited, primitive response to strong feelings is to become physically active. Crying and raging in children are indeed very active processes, involving the entire body. Children kick their legs and flail their arms, using a large amount of energy. We adults would probably cry in a similar manner if such a

strong display of emotions were socially sanctioned.

Quote (pg 18): Crying is therefore not an unnecessary byproduct of stress, but a important part of the stress-relaxation cycle. When we cry as a response to emotional stress, we release energy, reduce tension, lower our blood pressure, and remove stress hormones and neurotransmitters from our body through tears, thereby restoring physiological balance (homeostasis).

Quote (pg 19): Psychologists have studied crying in children during the highly stressful experience of a long hospitalization. Children who protested openly by crying and screaming at the begining of their hospital stay showed better adjustment than the ones who were "good" patients right from the start. The latter appeared to be calm and cooperative, but were more likely to show signs of stress later on, such as regression to infantile modes of behavior, eating or sleeping difficulties, and learning disorders.

Quote (pg 20): Psychologists call this phenomenon the "generaliztion of a conditioned emotional response." Anything that reminds a person of a previous stressful event will trigger a stress response, even though the new situation is totally harmless ... Eventually, conditioned responses wear out if similar situations prove repeatedly to be harmless. When this happens, psychologists call this "extinction of the condition response." This can take a long time

Quote (pg 22) It is important to respond to a crying child, rather than to reject or punish her. When parents fail to respond to a baby's crying during hte first year, the baby may show disturbed attachment patterns. She may be aggressive towards or parents, or excessively demanding or clingy. Some children appear to be self-sufficient and they resist closeness or show lack of affection. Researchers have observed children as young as one year of age who seek communication with their mothers only when they are content, never when they are distressed. Bowlby considered this to be a serious breakdown in communication between mother and child. Children with this extreme avoidant pattern tend to have serious behavioral and emotional problems later on.

Simply responding, however, is not enough when a child needs to release stress by crying. Even though parents may not openly reject a crying child, any attempts to distract a child away from his crying will be felt by him as a form of emotional abandonment. Children need parents who are able to listen to their expressions of anger, grief, and fear, and who can empathize with them. If children can openly express these feelings from birth on, they will learn that they do not need to repress painful emotions, and they will feel unconditionally loved.

Quote: (pg 22) Babies who are allowed to cry in their parents' arms will grow up feeling understood and accepted. As teenagers, tehy will feel comfortable talking about their problems with their parents, and crying if they need to, nowing that they can count on their parents to listen.

Quote (page 23): If children are shown love and approval only when they are smiling and happy, they will learn to deny and repress a part of themselves in order to please adults. Their deepest emotions will eventually feel unacceptable, even to themselves. Without full acceptance of their feelings and emotional expressions, therefore, children cannot grow up with high self-esteem.

Quote (pg 33): How crying is repressed in children: telling child to stop crying; punishing (or threatening); withdrawing love or attention, isolating child; distracting with talk, music, movement, games; putting something in child's mouth (food, pacifier); teasing, shaming; denying or minimizing child's pain; praising child for not crying; getting child to talk or laugh.

Quote (pg 35) Although spontaneous, animated talking does provide a certain amount of emotional release for older children and adults, getting a child to label his feelings is not sufficient to provide a healing release. This forces children to switch from an emotional level to a premature conceptual level, and, if done frequently, could lead to over-intellectualizing tendencies in the child. This cuts the child off from his inner

self.

Quote (pg 43): There are several reasons why the theory of an immature digestive system is inadequate to explain prolonged crying in infants. First of all, this theory does not fit with Dr. Spock's observation that "colicky babies" usually prosper physically. They gain weight normally, sometimes better than average, in spite of hours of crying. Furthermore, no gastrointestinal malfunction has been found in babies who cry extensively, except in very rare instances.

Quote (pg 45): This shows that the baby is not crying only because of a desire to have the toy, but because of emotional pain caused by his sibling's behavior. The baby certainly feels some frustration and indignation, but perhaps also confusion and anxiety. These emotions are accompanied by tension and arousal, and they need to be released before the baby can return to his calm state and continue investigating the toy. Crying in this example is not hurt. It is the process of becoming unhurt.

Quote (pg 47): William Emerson, an expert on prenatal and birth trauma (mentioned in Part I, Section 5), found that 55% of a sample of 200 children showed signs of moderate to severe birth trauma. Babies whose mothers experienced a difficult delivery cry more than babies whose mothers had a less stressful one. One study showed that crying in babies was greater if there had been obstetrical interventions and if the mother had felt powerless during the birth process. Another study showed that babies who had problems at birth were more likely to wake up crying frequently at night during the first 14 months. Crying is greater in newborns following epidural anesthesia of the mother.

Birth stressed babies are often tense and irritable, probably because of an excess of stress hormones. This explains the sleep difficulties so often seen in babies who had difficult births. The arousal of the sympathetic nervous system during stress inhibits the digestive system. This may lead to feelings of discomfort after feeding in babies who are highly stressed from a difficult birth or other trauma. This brings us back to the colic theory! The cause of indigestion is not an immature digestive system, however, but the baby's own stress response.

Quote (pg 49): Babies benefit from close physical contact not only during the day, but also at night. Mothers in traditional cultures usually sleep with their babies. Unfortunately, this practice has been discouraged in technologically developed countries, where babies' need for physical closeness at bedtime and during the night is often disregarded.

Quote (pg 51): The intent to master a new skill always precedes the ability to learn it. There is a gap in time between a baby's desire to do something new and his ability to do it. During this gap, frustrations can be expected as a normal part of the learning process. That is why they are called "developmental frustrations." For example, a three-month-old infant may become frustrated when trying to grasp an object because she has not yet learned how to make her hand go where she wants it to go. These frustrations build up and are then released in periodic crying sessions.

Anamaria Blenche says

A great book, clearly written, that answered so many of my questions regarding children tantrums and unconditional love

Lucie says

Když už nic jiného, díky téhle knížce jsem se naučila přijímat dětský pláč v rámci možností v klidu a bez agrese. Ještě uvidím, jestli popsaná metoda opravdu funguje, ale určitě je to dobré řešení pro všechny, kteří mají pláčtivé děti a potřebují podporu a povzbuzení.

Beneth says

Recommended on Peachhead, a Yahoo Group for families. Looks like a great parenting philosophy the author has.

Below is a quote from someone on Peachhead:

"Aware Parenting is based on the work of Dr. Aletha Solter. For more information, please see Dr. Aletha Solter's books,
The Aware Baby,
Helping Young Children Flourish,
Tears and Tantrums, and
Raising Drug-Free Kids.

Doctor Solter is a Swiss/American developmental psychologist, who is recognized internationally as an expert on attachment, trauma, and non-punitive discipline. She studied with the Swiss psychologist, Jean Piaget, at the University of Geneva, Switzerland, where she obtained a Master's degree in human biology in 1969. She then earned a Ph.D. in psychology from the University of California at Santa Barbara in 1975, after which she taught psychology at the University of California and conducted research for a few years.

Aware Parenting Consists of:

- Attachment-style parenting
- Natural childbirth and early bonding
- Plenty of physical contact
- Prolonged breast-feeding
- Prompt responsiveness to crying
- attunement

Non-punitive discipline

No punishments of any kind (including spanking, "time-out", and artificial "consequences")

No rewards or bribes

Search for underlying needs and feelings

Anger management for parents

Peaceful conflict-resolution (family meetings, mediation, etc.)

Prevention and healing of stress and trauma

Recognition of stress and trauma as primary causes of behavioral and emotional problems

Emphasis on prevention of stress and trauma

Recognition of the healing effects of play, laughter, and crying in the context of a loving parent/child relationship

Respectful, empathic listening and acceptance of children's emotions

The 10 principles of Aware Parenting

1. Aware parents fill their children's needs for physical contact (holding, cuddling, etc.). They do not worry about "spoiling" their children.
 2. Aware parents accept the entire range of emotions and listen non-judgmentally to children's expressions of feelings. They realize that they cannot prevent all sadness, anger, or frustration, and they do not attempt to stop children from releasing painful feelings through crying or raging.
 3. Aware parents offer age-appropriate stimulation, and trust children to learn at their own rate and in their own way. They do not try to hurry children on to new stages of development.
 4. Aware parents offer encouragement for learning new skills, but do not judge children's performance with either criticism or evaluative praise.
 5. Aware parents spend time each day giving full attention to their children. During this special, quality time, they observe, listen, respond, and join in their children's play (if invited to do so), but they do not direct the children's activities.
 6. Aware parents protect children from danger, but they do not attempt to prevent all of their children's mistakes, problems, or conflicts.
 7. Aware parents encourage children to be autonomous problem-solvers and help only when needed. They do not solve their children's problems for them.
 8. Aware parents set reasonable boundaries and limits, gently guide children towards acceptable behavior, and consider everyone's needs when solving conflicts. They do not control children with bribes, rewards, threats, or punishments of any kind.
 9. Aware parents take care of themselves and are honest about their own needs and feelings. They do not sacrifice themselves to the point of becoming resentful.
 10. Aware parents strive to be aware of the ways in which their own childhood pain interferes with their ability to be good parents, and they make conscious efforts to avoid passing on their own hurts to their children."
-

Heather says

If you have a hard time (as in you feel like someone is scratching a chalkboard, etc) or that you soak up their emotions, when your child cries, whines or rages or with any emotions this is the book to read. This book is about how & why we as parents process kids emotions in the ways that we do. It explains some of our inner child emotional needs that have not been met. It is a good reminder that it is OK to cry in loving arms, etc. I have read a lot of (attachment style) parenting books and emotional intelligence books and this book is a magnificent combination of both ideas in an easy to read format. This is a book that I truly wish I had read before I had children 7 years ago. But I found it extremely useful to read right now as my kids are 4 & 6. I am extremely thankful to the person who recommended it. It is not just about babies crying or not crying it out, etc. It has some ideas that I have not seen elsewhere. I like this book because it is direct and to the point, short and sweet. So many books like this take forever to get to the point & it becomes washed out in the many stories, examples, etc.

Cristina says

This book was like an illumination for me, although I knew some of the information filled inside the pages. I want to raise my child in a new manner, away from the "old fashioned way" our parents raise most of us. I consider lucky because my mother at that time had the intelligence and emotional ground to stay away from many barbarian practices that were applied back then. I remember hearing the neighbor children screaming out of pain after their father was brutally punishing them by hitting them with the washing machine water draining cord!!! My mother then always was trying to keep us busy from not hearing the ugly noises those children were making, saying that's not the proper manner to educate a child.

I recommend this book to every responsible parent who wants to have a happy child and to understand how crying is not always something bad, but for sure something much needed. Read this book and read it again. Keep it at hand on your book shelf because you're gonna need it in the future!

Valentina Chiriac says

Am oscilat mult intre 3 si 4* , dar astazi bebe a dormit mai mult, ceea ce ma binedispune si ceea ce a contribuit la terminarea cartii ;). Obiectiv privind, este o carticica interesanta. Cu totii stim ca dupa un plans zdravan ne simtim cu mult mai bine, dar pana a considera ca catecolaminele se elimina prin lacrimi e cale lunga. Da, copii si adultii au dreptul sa planga cand isi doresc fara a da explicatii si de preferinta in prezenta unei persoane intelegatoare care stie sa ne respecte sentimentele! Deci da, merita 4* pt ideile frumoase!

Safiya says

Has transformed my relationship with my children and especially with a particularly whingeing unhappy 5 month-old. Now a tried and tested method on 3 children, it's the best method I've known, as it respects the children and creates a strong bond of love between them and their parents. Check her other books and her website [<http://www.awareparenting.com>]

Tasha says

A new to me perspective on how we handle crying in the Western world.

The infant chapter contains information that is dangerous for maintaining breastfeeding, especially with young infants.

Most of the 'proof' she presents within the book itself is anecdotal from parents who have taken her workshops, although she does include reference notes in the back that are to scientific studies, but none of her actual work.

However, the concept that sometimes children just need to cry in a loving and supportive atmosphere to relieve stress & other big feelings is a good one.
