

# HELP!

## My Toddler Won't Stop Screaming



## How to Handle a Crying Child



TEIS Early Intervention  
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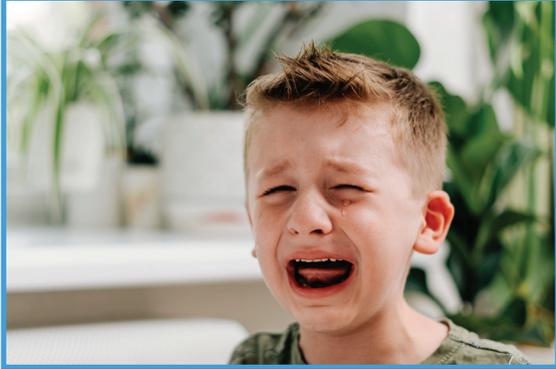
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**Remember, each child is unique, and what is normal for one may not be for another.**

**Regular pediatric check-ups are essential for monitoring a child's development and addressing any concerns.**

# Why Children Scream and Cry, From Emotional to Medical Needs

**Toddlers often express their feelings and needs through outbursts and crying, as they are still developing the language skills necessary for more effective communication.**

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One primary reason for these emotional outbursts is frustration. As toddlers grow, they become more aware of their surroundings and have a strong desire to explore and interact with the world. However, their limited motor skills, cognitive abilities, and language skills often hinder them from doing things independently or effectively expressing their needs and desires. This gap between their desires and abilities can lead to frustration, which can show up as crying or tantrums.

Another significant factor contributing to tantrums and crying in toddlers is the need for attention and emotional connection. Toddlers are at a stage where they are forming strong emotional bonds with their caregivers. They often seek attention, comfort, and reassurance from their parents or primary caregivers.

When these emotional needs are not met, or when there are significant changes in their routine (like a new sibling, moving to a new home, or starting daycare), toddlers may feel insecure or neglected, leading to emotional outbursts. Additionally, toddlers are learning to regulate their emotions, a skill that is still very much in development at this age. The overwhelming nature of their feelings, whether it's excitement, anger, or sadness, can be too much for them to handle calmly.

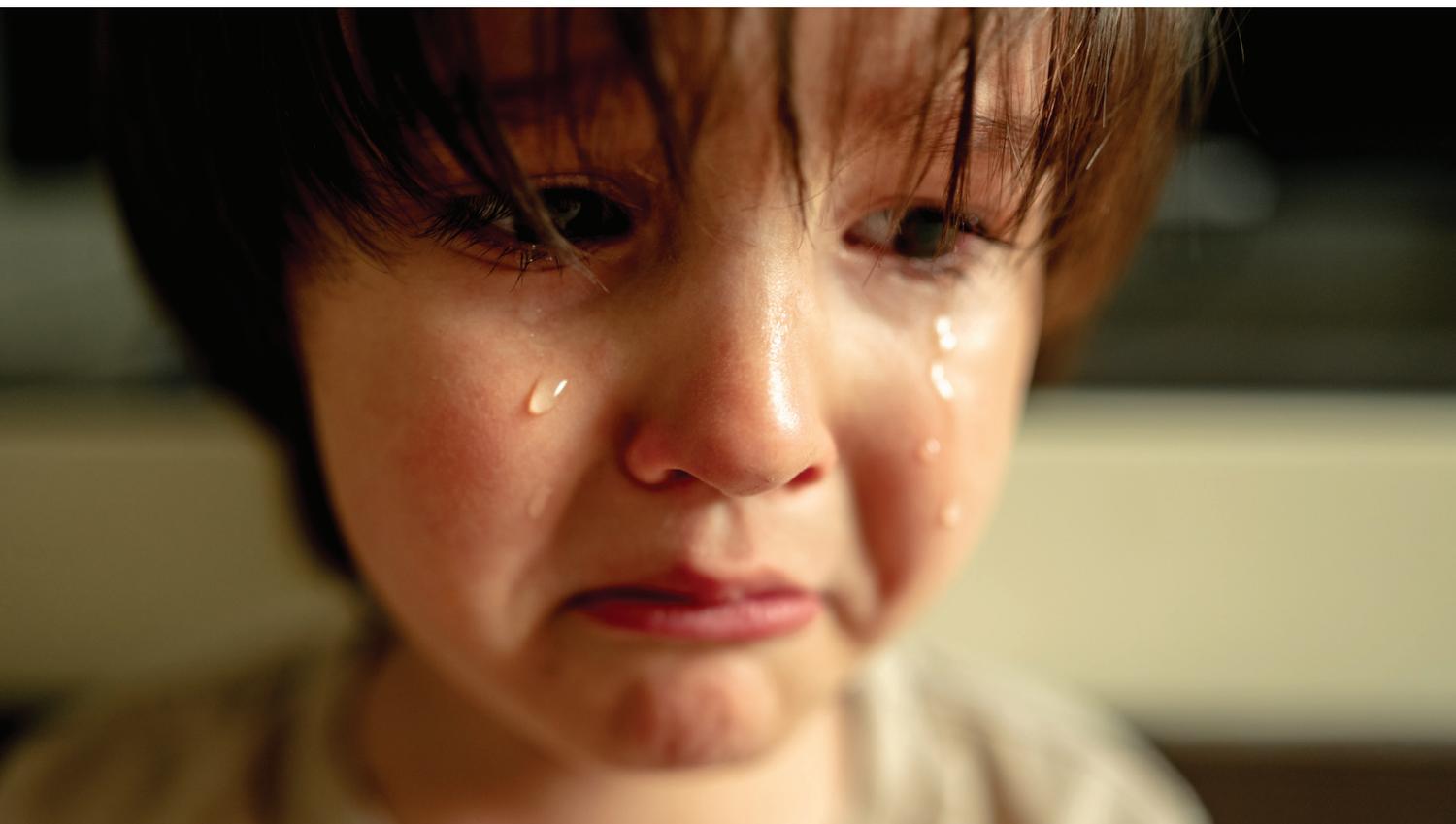
Lastly, it's important to consider possible medical or developmental issues when addressing a toddler's crying and tantrums. Conditions such as ear infections, teething pain, or other physical discomforts can cause irritability and crying in toddlers. In some cases, persistent crying and unusual tantrums may indicate underlying health issues or developmental delays.

These conditions can make it difficult for a child to process sensory information or adapt to their environment, leading to increased frustration and emotional outbursts. In such cases, it's crucial for parents to consult with pediatricians or child development specialists to ensure proper diagnosis and intervention.

**One primary reason for these emotional outbursts is frustration.**

**As toddlers grow, they become more aware of their surroundings and have a strong desire to explore and interact with the world.**





## I'll Read More About Tantrums Later, But What Can I Do Right Now?

**While there are no “tricks” that can always calm a child that is acting out, let's start with some basics.**

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**1**

## **Stay Calm:**

No matter how loud your child may be, remain calm. Avoid a power struggle by not yelling back.

**2**

## **Acknowledge Feelings**

Use a calm, neutral voice. If over-stimulated or tired, acknowledge with reassurance, e.g., "We'll go home soon after shopping."

**3**

## **Address Anger or Frustration:**

Recognize their emotions, e.g., "I know you're upset your tower fell, let's build it again."

**4**

## **Prompt for Alternative Communication:**

Encourage using words, "Use your words" or "Use your quiet voice."

**5**

## **Immediate Exit if Necessary:**

If screaming continues in public, leave the area as a consequence of continued screaming.

There's a lot more to know about how to handle a screaming or crying child, and in this e-book we deliver strategies for a calmer toddler, how to recognize any medical reasons for crying kids, and whether or not the behavior you're seeing is a sign of delayed developmental milestones.



## **A Couple Typical Examples of Tantrums and Crying**

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### **The Toddler Tantrum**

You're trying to shop for groceries and your two years old decides they want a small toy they see hanging from an endcap display. Saying no, however firmly, simply results in an emotional meltdown. Now, even getting through checkout successfully seems an impossible task.

What can you do?

Dealing with a toddler's meltdown in public can be challenging, but there are strategies to help manage the situation. The first step is to remain calm and composed. It's important to understand that toddlers often have tantrums not out of defiance, but because they are overwhelmed by their emotions and lack the skills to express them appropriately.

Acknowledging the child's feelings can be a good starting point. A parent might say, "I see that you really want this toy, and it's hard when we can't have something we want." This approach doesn't mean giving in to the demand, but it does show the child that their feelings are heard and understood. Often, just being acknowledged can help de-escalate a child's distress.

Next, redirection or distraction can be an effective technique. If the child is fixated on the toy, redirecting their attention to something else can help. This could be as simple as engaging them in a different activity, like helping to pick out fruits or counting items in the cart.

The key is to make the new activity seem interesting and engaging. For instance, a parent might say, "Let's find the biggest apple we can," or, "Can you help me count how many items we have?" Redirecting their focus not only distracts them from the object of their tantrum but also involves them in a helpful task, which can make them feel valued and included.

If the situation escalates and the child is inconsolable, it might be necessary to take a brief break from the task at hand. Finding a quiet corner in the store or stepping outside for a few minutes can give both the parent and child a chance to reset. During this time, a parent can offer comfort through a hug or soothing words. It's also an opportunity to set clear and consistent boundaries in a calm manner. For instance, a parent might explain, "We can't buy the toy today, but we can look at it for a minute before we finish shopping."

It's important to be firm but gentle, showing understanding while maintaining the necessary limits. Over time, consistent responses like these can help children learn to manage their emotions and reduce the frequency and intensity of tantrums.



**Remember, each child is unique, and what is normal for one may not be for another.**

**Regular pediatric check-ups are essential for monitoring a child's development and addressing any concerns.**

## **The Crying Baby**

When a baby between six months and one year old cries inconsolably, it can be a challenging and distressing situation for parents.

At this age, babies are still unable to verbally communicate what is wrong, so it's up to the caregiver to decipher the cause of the distress. The first step is to go through a mental checklist of basic needs. Is the baby hungry, tired, or in need of a diaper change? Environmental factors can also be a cause – the room might be too hot or too cold, or the baby might need a quieter, more soothing atmosphere. Comforting measures can include gently rocking the baby, singing softly, or offering a pacifier.

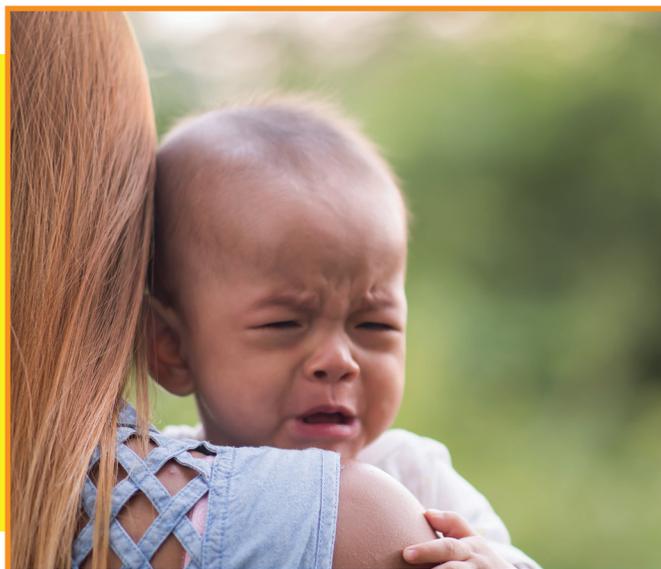
Some babies are soothed by a change in scenery, like a walk outside. Ensuring that the baby has a regular routine for feeding, sleeping, and playtime can also help as predictability can provide a sense of security for the baby.

If these strategies do not work, it is important to consider whether the baby's crying could be due to a medical issue. Signs that may indicate a medical problem include a fever, vomiting, diarrhea, or a rash.

Ear infections are common in this age group and can cause significant discomfort, leading to crying. Signs of an ear infection include the baby pulling or tugging at their ears, fussiness more than usual, trouble sleeping, and sometimes a fever. Another common issue is teething pain, as many babies start teething around this age. Signs of teething include drooling, swollen gums, and a desire to chew on hard objects.

If a parent suspects a medical issue, or if the baby's crying is accompanied by other symptoms like fever, it's important to consult a pediatrician. The doctor can diagnose and treat any underlying medical conditions. It's also crucial to trust your instincts as a parent. If something feels off or the baby's behavior changes drastically (like a normally calm baby suddenly becoming inconsolable), seeking medical advice is always a prudent step.

Lastly, it's important for parents to take care of themselves too. Dealing with a constantly crying baby can be exhausting and emotionally draining. Parents should not hesitate to ask for help from family members or friends to take a break when needed. In cases of prolonged crying, such as with colic, joining a support group or talking to a pediatrician for coping strategies can be beneficial. Remember, being well-rested and mentally healthy allows parents to provide the best care for their baby.



# Long Term Strategies for a Calmer Toddler

**Toddlers, with their limited ability to communicate and understand the world around them, often express themselves through crying or screaming.**

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Toddlers, with their limited ability to communicate and understand the world around them, often express themselves through crying or screaming, which can be distressing for both the child and the parent. However, there are several long-term strategies that parents can employ to help promote calm reactions in their little ones.

These approaches range from teaching concepts of loud and quiet, to setting clear consequences, and even involve assessing and aiding their language development. The following list outlines seven effective strategies that focus on proactive and empathetic parenting techniques, designed to guide your toddler towards better self-expression and emotional regulation.

Remember, consistency and patience are key to successfully implementing these strategies.



## Teach Loud/Quiet Concepts

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Introducing the concepts of loud and quiet to toddlers can be a fun and educational experience. Engage them in games that involve differentiating between loud and quiet actions. For example, use activities like clapping hands loudly and then whispering, or stomping feet vigorously followed by tiptoeing quietly.

These activities not only teach them about sound levels but also help them understand when it's appropriate to use different volumes. This understanding can be gradually extended to various situations, like being quieter in a library versus being louder in a playground, helping them to adjust their behavior accordingly.

## Desensitize to Noisy Environments

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Gradually exposing your toddler to more bustling environments can help them learn to cope with sensory overload. Start with relatively quiet public places and progressively move to busier ones. During these outings, observe their reactions and provide comfort and reassurance.

This gradual exposure helps in building their tolerance and ability to manage their reactions in noisy or crowded settings. It's important to ensure that these experiences are positive; if the child seems overwhelmed, it's okay to take a step back and try again later.

## Set Clear Consequences

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Establishing and maintaining clear consequences for inappropriate behavior like screaming in public places is crucial. For instance, if a toddler screams in a store, calmly explain that this behavior is not acceptable and might lead to leaving the store immediately.

Consistency in following through with these consequences helps the child understand the direct outcomes of their actions. This approach teaches them about boundaries and the importance of adhering to behavioral expectations in public settings.

## Plan Around Child's Needs

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Scheduling errands and outings considering the child's needs can significantly reduce the likelihood of tantrums. Avoid going out during times when the child is usually hungry, tired, or unwell, as they are more prone to becoming upset.

Keeping them engaged during errands, perhaps by involving them as 'helpers', can serve as a useful distraction and make them feel involved and valued, reducing the chances of disruptive behavior.



## Positive Reinforcement

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Acknowledging and praising good behavior is an effective way to encourage a toddler to continue that behavior. When the child manages to stay calm and use an appropriate voice level, specifically appreciate their effort.

For example, saying “I noticed you used your indoor voice throughout our shopping trip, and I’m so proud of you!” reinforces the positive behavior. This approach helps the child understand the kind of behavior that is appreciated and encouraged.

## Language Development

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If a toddler’s screaming is related to frustrations due to inadequate language skills, it may be beneficial to consider an Early Intervention speech evaluation. Language delays can often lead to tantrums as children struggle to express their needs and feelings.

Early intervention can provide them with the necessary support to improve their communication skills, reducing frustration for both the child and the parents.

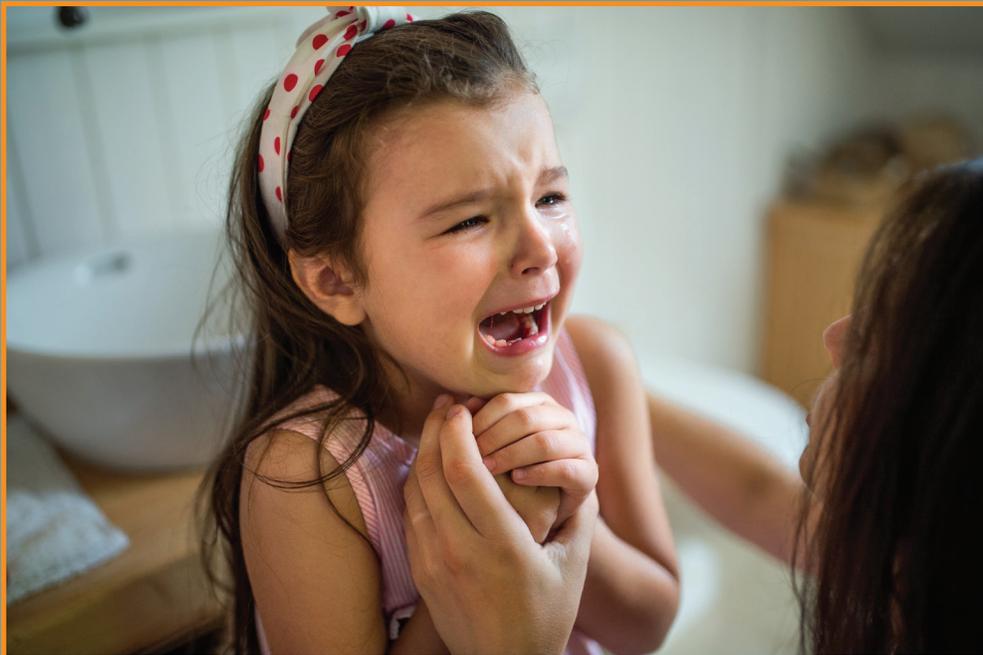
## Use If/Then Statements

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Using if/then statements is a strategic way to motivate toddlers to exhibit calm behavior. This technique involves setting clear expectations and linking them with positive outcomes or rewards.

For instance, saying “If you use your quiet voice in the store, then we can watch your favorite TV show when we get home” gives the child a tangible incentive to behave appropriately. This method helps toddlers understand the positive consequences of their actions and encourages them to replicate the desired behavior.

Remember, consistency and patience are key in managing and eventually reducing screaming episodes in toddlers. These strategies, when applied regularly and with understanding, can significantly contribute to a calmer and more harmonious daily life with your toddler.



# Does My Child Just Have a Stubborn Personality?

**Parents often find themselves at a loss when their toddlers throw tantrums or cry uncontrollably. It's a common scenario in households everywhere.**

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The immediate question that pops into many parents' minds is, "Does my child just have a stubborn personality?" This perception, while understandable, can be an oversimplification of a complex situation.



## Unraveling the Real Causes Behind Tantrums

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### Frustration and Being Overwhelmed

Often, tantrums arise from frustration. Toddlers have limited language skills and may not be able to express their needs or feelings effectively. This communication gap can lead to frustration, which manifests as crying or tantrums. Additionally, toddlers can easily get overwhelmed by the sensory and informational overload of their environments.

For a toddler, the excitement of seeing an attractive toy in the grocery store may quickly turn into overwhelming frustration if they can't communicate their desire for the toy or understand why they can't have it, leading to a tantrum as their way of expressing these intense emotions.

### Seeking Attention

Sometimes, tantrums are a way for toddlers to get attention. At this age, children are still learning the difference between positive and negative attention and may resort to crying or screaming as a means to engage their parents or caregivers.

### Testing Boundaries

Tantrums can also be a part of the natural process of testing boundaries. Toddlers are beginning to assert their independence and may use tantrums to see how far they can push limits.

# Reacting Appropriately to Tantrums

**How parents react to these outbursts is crucial in teaching toddlers how to manage their emotions.**

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## **Stay Calm and Collected**

First and foremost, it's important for parents to remain calm. Reacting with anger or frustration can escalate the situation. By staying composed, parents model the kind of emotional regulation they wish to see in their children.

## **Understanding and Empathy**

Approach the situation with understanding and empathy. Acknowledge the child's feelings and offer comfort. This can help the child feel heard and understood, reducing the intensity of the tantrum.

## **Clear and Consistent Boundaries**

It's essential to set clear and consistent boundaries. Children need to understand what is acceptable behavior and what is not. Consistency in enforcing these boundaries is key to helping them learn self-control and respect for rules.



### **Distraction and Redirection**

Distraction and redirection can be effective strategies, especially for younger toddlers. Shifting their attention to a different activity can help defuse a tantrum.

### **Encourage Communication**

Encourage toddlers to use words to express their feelings. This might involve giving them the vocabulary they need, like “angry,” “sad,” or “frustrated.” Over time, this can help reduce the frequency and intensity of tantrums as they learn to communicate their emotions more effectively.

While it might be difficult to keep in mind while your child is crying and acting out uncontrollably, tantrums in toddlers are more than just signs of a stubborn personality; they’re a natural part of emotional development.

Understanding the underlying reasons and responding appropriately can not only help manage these outbursts but also aid in the child’s emotional growth. With patience, empathy, and consistent guidance, parents can navigate this challenging but normal phase of their toddler’s life.

# The Social-Emotional Milestones from 0 to 3 Years of Age

**The first three years of a child's life are critical for their social-emotional development, a journey marked by significant milestones.**

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During this period, children gradually learn to understand and control their emotions, a process deeply intertwined with brain development.

In this section, we'll explore these milestones, touching on how they relate to emotional control, crying, and tantrums.

**Remember, each child is unique, and what is normal for one may not be for another.**

**Regular pediatric check-ups are essential for monitoring a child's development and addressing any concerns.**

## Birth to 12 Months: The Foundations of Emotional Development

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### Emotional Recognition and Response

- **0-3 Months:** Newborns begin to develop an emotional bond with caregivers, primarily through touch and voice. They communicate through crying, which is a reflexive response to needs like hunger, discomfort, or the need for attention.
- **3-6 Months:** Babies start recognizing familiar faces and may respond with smiles or excitement. They begin to show a wider range of emotions, such as happiness and surprise.
- **6-12 Months:** Infants become more expressive, showing emotions like fear, anxiety (particularly around strangers), and anger. Comfort from a familiar adult becomes key in helping them regulate these feelings.

### Brain Development

During this phase, the brain grows rapidly. Neural connections form at an extraordinary rate, laying the groundwork for emotional regulation. The limbic system, which plays a crucial role in managing emotions, starts to develop, although it's still immature.



## 12-24 Months: Emergence of Self-Regulation

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### Growing Independence and Frustration

- **12-18 Months:** Toddlers begin to seek independence, yet they often experience frustration due to limited communication skills and emotional regulation. This period often marks the beginning of tantrums.
- **18-24 Months:** Children at this stage start to exhibit a wider range of emotions, including defiance and possessiveness. Tantrums may become more frequent as they struggle with emotional control.

### Brain Development

The brain continues to develop rapidly. The prefrontal cortex, which is responsible for impulse control and managing emotional reactions, is still very immature. This immaturity is a primary reason behind the emotional outbursts and difficulty with self-regulation seen in toddlers.



## **24-36 Months: Increasing Emotional Control and Empathy**

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### **Enhanced Communication and Control**

- **24-30 Months:** Children start to use language more effectively to express their emotions. While tantrums still occur, they may begin to understand simple reasoning from caregivers.
- **30-36 Months:** By three years, many children show signs of better emotional control. They start to understand others' feelings and can express empathy. Tantrums may still happen but are often less intense and more manageable.

### **Brain Development**

The development of the prefrontal cortex accelerates, enhancing a child's ability to control impulses and regulate emotions. This growth is crucial for the significant improvements in emotional control seen during this period.

### **The Interplay of Emotional Milestones and Brain Development**

The journey through these social-emotional milestones is a complex interplay between a child's growing brain and their experiences. Understanding this process is crucial for caregivers and educators in providing appropriate support.

It's important to note that each child develops at their own pace, and variations are normal.

Parents and caregivers play a pivotal role in helping children navigate this journey. Responsive caregiving, consistent routines, and a supportive environment are key to fostering healthy emotional development. By recognizing and understanding these milestones, adults can better support children in developing the emotional skills they will use for the rest of their lives.fw

# Should You Be Concerned About Medical Issues Related to Crying and Tantrums?

**In all age groups, it's crucial for parents to monitor the nature and frequency of crying and tantrums.**

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In all age groups, it's crucial for parents to monitor the nature and frequency of crying and tantrums. If there's a significant change in a child's behavior, or if the crying is persistent and cannot be consoled, it's important to consult a healthcare professional to rule out any underlying medical issues.

*Remember, each child is unique, and what is normal for one may not be for another. Regular pediatric check-ups are essential for monitoring a child's development and addressing any concerns.*

If there's a significant change in a child's behavior, or if the crying is persistent and cannot be consoled, it's important to consult a healthcare professional to rule out any underlying medical issues.

#### Birth to 12 Months:

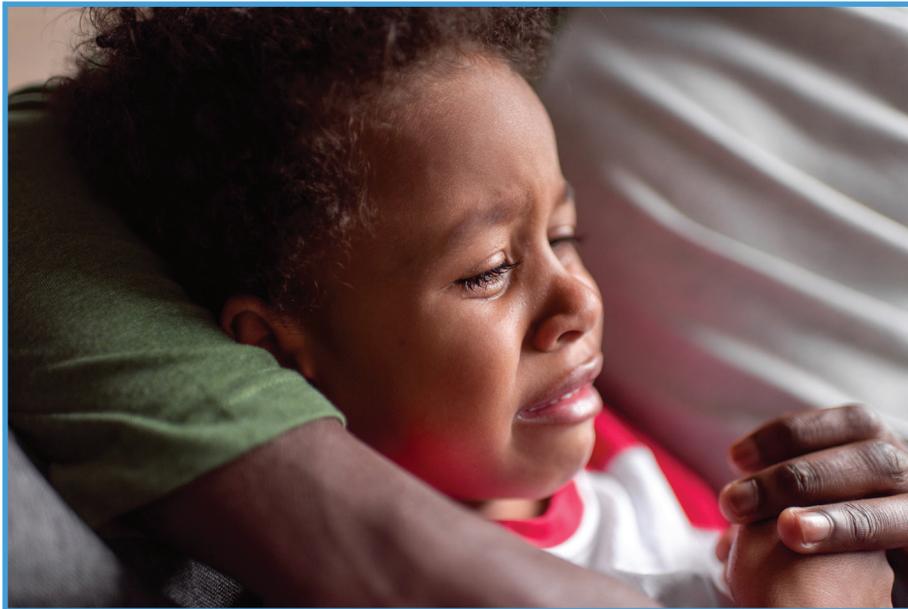
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- **Colic:** A common condition characterized by prolonged periods of inconsolable crying. The exact cause is unknown, but it's thought to be related to digestive discomfort.
- **Teething:** The emergence of the first teeth can cause gum pain and discomfort, leading to increased crying.
- **Ear Infections:** Common in infants, causing pain and irritability.
- **Gastrointestinal Issues:** Reflux, constipation, or food allergies/intolerances can cause discomfort.
- **Illness or Fever:** Infants may cry more when they are unwell or have a fever.
- **Developmental Distress:** As infants grow, they experience developmental leaps that can be overwhelming and lead to more crying.

## 12-24 Months

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- **Teething:** Continued teething pain as molars start to come in.
- **Ear Infections:** Still common in this age group.
- **Separation Anxiety:** Increased awareness of separation from primary caregivers can cause distress.
- **Frustration:** As toddlers begin to explore and express themselves, inability to communicate effectively can lead to frustration and tantrums.
- **Illness or Fever:** Similar to infants, toddlers may also cry more when feeling unwell.
- **Sleep Disturbances:** Changes in sleep patterns or difficulties sleeping can make toddlers more irritable.





## 24-36 Months

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- **Language Development:** Frustration due to language barriers, as they're learning to speak and communicate more effectively.
- **Autonomy Struggles:** Desire for independence can clash with limitations, leading to tantrums.
- **Behavioral Issues:** This age group starts to test boundaries, which can lead to behavioral challenges.
- **Physical Discomfort:** Growing pains, minor injuries, or illnesses.
- **Emotional Development:** Toddlers at this age are learning to deal with emotions like anger, disappointment, and frustration.
- **Environmental Changes:** Changes in routine, daycare, or preschool can cause stress.



It's important for parents to remember that babies and toddlers lack the ability to precisely communicate what's bothering them and often don't have the emotional control to handle even minor discomforts.

This communication gap means that crying and tantrums can sometimes be the only way they express distress, discomfort, or unmet needs. As parents, practicing patience and maintaining calm in response to these outbursts is crucial.

It's also important to be observant and sensitive to any changes in behavior that might indicate a medical issue. While most crying and tantrums are a normal part of development, consistent or unusually intense episodes may warrant a consultation with a healthcare professional. By staying attentive and compassionate, parents can provide the necessary support and care their children need during these early and crucial years of development.

# Unusual Crying or Emotional Outbursts Might Signal Developmental Disorders

**When emotional outbursts deviate significantly from typical patterns, they might indicate underlying developmental disorders.**

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In early childhood development, crying and emotional outbursts are common behaviors. However, when these behaviors deviate significantly from typical patterns, they might indicate underlying developmental disorders.

Under certain circumstances, unusual crying or emotional outbursts in children aged 0 to 3 years could be signs of developmental delays. Let's take a look.

## Birth to 12 Months: Early Signs and Concerns

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In the first year, infants typically progress from reflexive communication to more intentional forms of interaction. Key developmental milestones include cooing (2-3 months), babbling (4-6 months), and gesturing (9-12 months).

- **Excessive Crying:** While colic is common in the early months, persistent, inconsolable crying beyond this stage could indicate sensory processing issues.
- **Lack of Responsiveness:** By 9 months, babies usually respond to their names and familiar voices. A lack of response, coupled with excessive crying, could suggest hearing impairments or developmental delays.

## 12-24 Months: The Transition to Toddlerhood

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This period is marked by significant cognitive, emotional, and social development. Children start to use single words around 12 months and simple phrases by 24 months. They also begin to exhibit a greater range of emotions and develop social awareness.

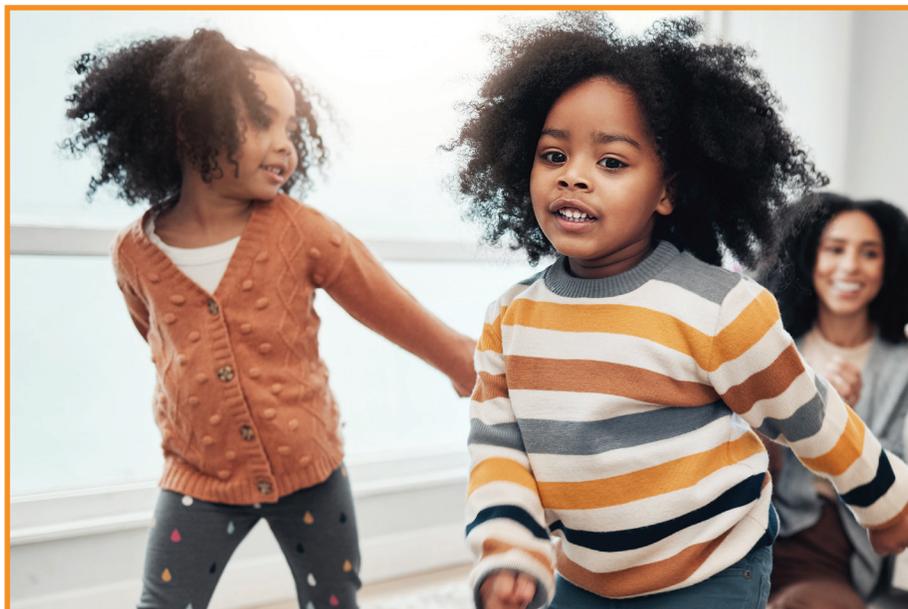
- **Unusual Tantrums:** While tantrums are common, those that are frequent, extremely intense, or last longer than expected for the child's age may indicate underlying disorders.
- **Delayed Speech Development:** If a child isn't using words by 16 months or phrases by 24 months, this could be a red flag, especially if paired with persistent emotional outbursts.

## 24-36 Months: Increasing Independence and Emotional Complexity

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By the age of 3, most children can follow simple instructions, show affection, play with others, and express a wide range of emotions.

- **Inconsolable Outbursts:** If a child cannot be calmed and these outbursts interfere with daily activities, it might indicate emotional regulation issues or developmental disorders.
- **Lack of Social Interaction:** A child who does not show interest in playing with others or has difficulty participating in group activities, alongside unusual crying or tantrums, might be showing signs of social developmental delays.



## Importance of Context and Patterns

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It's crucial to understand that occasional outbursts and variations in development are normal. Concerns arise when there is a consistent pattern of unusual crying or emotional responses, particularly when these behaviors coincide with delays in reaching developmental milestones.

## Seeking Professional Help

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If parents or caregivers observe persistent and unusual crying or emotional outbursts, especially in conjunction with missed developmental milestones, it's important to consult a pediatrician or a child development specialist. Early intervention can significantly improve outcomes for children with developmental disorders.

Parents and caregivers should observe their child's behavior in the context of developmental milestones, remaining vigilant for patterns that deviate from the expected norm. With early detection and intervention, children with developmental delays can receive the support they need to thrive.



# Staying Calm as a Parent and Self-Care

**Parenting young children, especially those who frequently cry or have tantrums, can be incredibly challenging.**

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The ages 0 to 3 are crucial for a child's development, and this period often tests the patience and resilience of parents. Let's take a look at the importance of staying calm and practicing self-care for parents as they navigate these early, demanding years.

## **Understanding Your Child's Behavior**

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Remember, it's important to understand why children aged 0-3 cry or have tantrums. This behavior is often a result of their limited ability to communicate, understand their emotions, or control their reactions. Recognizing that these outbursts are a normal part of development can help parents respond more empathetically.

## Techniques for Staying Calm

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- **Deep Breathing:** Simple yet effective, deep breathing can help manage immediate stress responses.
- **Pause Before Reacting:** Give yourself a moment to collect your thoughts and emotions before responding to your child.
- **Positive Self-Talk:** Remind yourself that this phase is temporary and that you're doing your best.
- **Stay Present:** Focus on the moment rather than worrying about past or future tantrums.
- **Establishing a Self-Care Routine** Even short breaks can be rejuvenating. This could be a quick walk, a hot shower, or a few minutes of quiet time.
- **Stay Connected:** Maintain social connections with friends, family, or parent groups. Sharing experiences and feelings with others can be therapeutic.
- **Exercise:** Regular physical activity can significantly improve mood and reduce stress.
- **Seek Support:** Don't hesitate to ask for help from family or friends. Consider professional help if you're feeling overwhelmed.

- **Setting Realistic Expectations:** It's crucial to set realistic expectations for both your child and yourself. Understand that some days will be harder than others and that it's okay not to have all the answers. Be kind to yourself and acknowledge your efforts.
- **Encouraging Positive Behavior in Your Child:** Respond to your child's crying or tantrums in a calm and reassuring manner. This not only helps in diffusing the situation but also models emotional regulation for your child. Praising positive behaviors and setting consistent routines can also reduce the frequency of outbursts.
- **Importance of a Support Network:** Having a support network, whether it's family, friends, or a parenting group, can provide emotional support and practical advice. Sharing experiences and strategies with other parents can be both comforting and enlightening.
- **Seeking Professional Advice:** If you're concerned about your child's crying or tantrums, consult a pediatrician. They can offer guidance or refer you to specialists if needed. Remember, seeking help is a sign of strength, not weakness.



## In Conclusion

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Parenting young children who frequently cry or have tantrums is demanding, but with the right tools and mindset, it can also be incredibly rewarding. By practicing self-care, staying calm, and seeking support, parents can navigate these challenging years with resilience and grace.

Remember, taking care of yourself is not just beneficial for you, but for your child as well.

# What are Early Intervention Services?

**Early Intervention (EI) services are a range of targeted support services designed for children from birth to three years old who are experiencing developmental delays or disabilities.**

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EI services are routine based and take place in the child's home or natural environment, which includes daycare and in the community to name a few. They are crucial in supporting the physical, cognitive, communication, social, and emotional development of young children.

EI aims to provide children with the necessary skills to reach developmental milestones. Therapists utilize a coaching method to empower the caregiver to carryover the plan between sessions so that their child reaches their potential.



## Does My Child Need Early Intervention?

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Identifying whether your child requires Early Intervention services can be challenging. Parents often compare their child's development with that of peers or siblings. Keep in mind though that all children develop at somewhat different rates and in different ways.

If your child has a developmental delay or a diagnoses, EI might be beneficial. Early signs to watch for include difficulties in physical skills (like crawling, walking), social skills (such as playing, interacting), communication skills (listening, talking), cognitive skills (problem-solving, learning), and self-help skills (eating, dressing). If you notice any of these signs, or if you have any concerns, it's advisable to speak to your pediatrician or seek an Early Intervention evaluation.

The benefits of Early Intervention are extensive and well documented. Research shows that learning and development are most rapid between 0-3 years.

## TEIS Early Intervention Provides Early Intervention Services in Western PA

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TEIS EI offers a variety of services tailored to individual child and family needs. These include Occupational Therapy, Speech Therapy, Physical Therapy, Developmental Therapy, Nutrition, Vision Therapy, and Hearing Therapy.

Their experienced professionals work closely with families to integrate therapies into daily routines, making the process as seamless as possible. Remember, the sooner you address developmental concerns, the better the outcomes for your child. Early Intervention is not just about immediate benefits; it's an investment in your child's future.

If your child qualifies for EI services, TEIS guarantees appointments within the first 14 days of contact, adhering to federal, state, and local requirements, ensuring timely support for your child.

If you suspect developmental delays in your child, and you have questions please discuss with your pediatrician or reach out to TEIS EI.

You can reach out to TEIS EI by calling **412-271-8347** or **texting INFO to 412-543-8398** during regular business hours. TEIS is dedicated to ensuring your child's progress.

Choosing TEIS Early Intervention services in Western PA means selecting a committed partner in your child's developmental journey.

Learn more by visiting the TEIS Early Intervention website at <https://teis-ei.com/>

If you are ready to schedule an evaluation, **call the PA Connect Hotline at 1-800-692-7288**. If Early Intervention services are recommended, remember — you have the choice of which provider you use for your child's services.



Remember, each child is unique, and what is normal for one may not be for another.

Regular pediatric check-ups are essential for monitoring a child's development and addressing any concerns.



TEIS Early Intervention  
[www.TEIS-ei.com](http://www.TEIS-ei.com)  
412-271-8347