Tantrum *Survival Guide*

What to Say

Be brief and to the point.

Acknowledge your child.

Be clear and Firm.

"I see that you are frustrated"

" I notice that you are mad"

"it is okay to be upset"

"First... then..."

What to Do

Focus on yourself.

Remain Calm.

Assess your child's needs.

Is it environmental
Is it a want/desire
Is it attention seeking
Is it a physical need?
Is it anxiety driven?

Try a diversion.

Give your child space.

What to Avoid

Remove ALL emotion.
Avoid blaming the child for their actions.

CALMING ♥ CHAOS

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Meltdown *Survival Guide*

What to Say

Keep your chatter to a minimum.

Talk to your child in a very quiet, calm voice.

"I am here when you are ready for me."
"Take a deep breath."
"I notice you are very frustrated."
"I'm here."
"It's okay to feel this way."
"Relax your hands."
"Relax your feet."

"You are safe."

What to Do

Make sure your child is safe.

Give your child space.

Diversions:
Calm down jar,
Calming music,
Essential oils,
A favorite stuffed animal.

Tight squeezes.

IF NOT SAFE:
Evacuate the surroundings.
Remove dangerous items
Remove breakables
Remove other children

What to Avoid

Don't let your own emotions take over.
Remove all guilt and all embarrassment.
Don't try to reason with your child.

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