



# TEMPER TANTRUMS & MELTDOWNS

Parenting Tips & Tricks

As children grow their brains are developing very fast and the ability to express feelings hasn't caught up yet. Sometimes this results in frustration which, in turn, results in "meltdowns." Even as children get older these melt downs can occur... often as a result of emotions that haven't been dealt with (family issues, peer pressure, school stress, etc) or because of biological reasons that may require help from a doctor.

## How You Can Help:

- **If possible prevent the meltdown. Try to understand what's frustrating them. Talk to your child/ren about their feelings and offer choices that allow them to feel more in control. i.e.:**  
*"I see you're upset right now. Is it because of 'X' or 'Y'? Would it help if we chose 'A' over 'B'?"*
  - Try a distraction like "Let's walk outside (or in the other room) so I can better listen to what you're upset about?" It may shift things enough to allow them to calm a little. This increases the chances of them being able to tell you about their feelings and your ability to understand what's happening.
- **Sometimes nothing we do works and meltdowns happen (even in very public places). In those situations:**
  - take a deep breath
  - check your own emotions
  - get down on your child's level & make eye contact
  - tell them you understand they're upset and want to try to help, however for you to help... you need them to calm down
  - if they're lashing out, softly hug them so they feel safe or... wait until they calm down to talk to them
  - ask them if they're ready to help you understand
  - thank them for calming down and helping you understand
  - find out what caused the meltdown
  - validate their feelings
  - **let them know you love them!!!**

