

MANAGING MELTDOWNS



Finally, when your child has calmed, use logic. 3

Tell them why there are limits, while assuring them you still love and care about them.
Explain your POV and listen to theirs.
Do they need to make amends for something?

Next, reconnect with your child. 2

Validate their feelings. Use an empathetic tone. ("You're really angry right now.") Short sentences. Offer touch – a hug or hand. *Don't* reason or explain. Simply stay connected and present.

First, help them find their feet again. 1

Stay calm. Ground yourself. Soothing tone.
Sensory safety – this is different for every child.
Consider: Movement break, drink of water, a favourite distraction, slow big breaths.

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