



GENTLE PARENTING WEEKLY TIP

Only if tantrums were a myth...

Tantrum - The 5 minutes break our kids take to embarrass us and make us feel like crap, am I right?



Understanding tantrums

The three brain states

There is no denying that tantrums are one of the hard parts of parenting.

The good news: *They are an incredibly normal and healthy emotional expression for young children.*



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Of course, as parents and also for caregivers this is of little help when one arrives, but that's why we're here, to help you make the best you can.



The Survival State

In this state we are in that "fight or flight" state of mind. We are feeling threatened, basically not feeling safe. This is the stage where many parents may fall into when their child is midst temper tantrum.

Whereas children fall into this state when their basic needs are not being met. When they are hungry, tired, or thirsty they are more likely to "meltdown".

Once you have established that their basic needs are being met, you know your child needs you to help them feel safe.

The Emotional State

This is a time where our children aren't feeling loved. Some children enter this state when they aren't receiving the attention they desire. Touching and a deep breath may be used to help in this stage. Some may resist touch, so eye contact can be another helping method. We need to learn what helps our children out of this stage, so that we can mentally focus in the solution instead of stressing.





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The Executive State

In the executive state our minds are where we are thinking rationally. Here we feel safe and loved. A state of happiness, where we are engaging and enjoying the moment. This is the state our children need to be, in order to learn and to problem solve.

The state of our child's brain is what will affect how they respond to a specific situation. So in order to help our child we also need to shift our brain to an executive state.

You cannot calm your child, reassure them and shift them into an executive state if you aren't there yourself.

As an example:

If your child is screaming on the floor of a supermarket, then you may be facing either survival or emotional state, so stepping into meeting their basic needs is the first step;

Therefore, you can move into showing them attention, care and love to get them into an executive state where you can better understand what was wrong and teach them how to behave when they have that same feeling from before.

This is where and how we can start teaching our children how to deal with emotions and especially that how they feel is important and not a mistake to be punished.

[Download the 5 steps chart to stop a tantrum](#)