

Tantrum sheet chart

Make sure you let your child know and feel that:

- They are in a safe place (there with you)
- They are loved (by you)
- You are there and they can trust you to help them get them back to executive state.

Steps to Stop the Tantrum

1. Remain in your own executive state;
2. Get down to their level or pick them up and look in them in the face. They need to know their safe.
3. Now you need to connect with their emotional level, by using reassurance phrases that you understand them, such as "I see that you're upset", "you're feeling angry".
4. Once you've got their attention help them to take three deep breaths. Keep a nice and calm voice and maintain eye contact.
5. Once their breathing into a calm state encourage them with a simple phrase such as "there you go. look at you breathing". After they calmed down you can give them a choice that of course isn't giving in to their demand and that you can live with.

www.crunchymotherhood.club