HOW TO MANAGE Meltdowns

3 C's of Emotional Support

Connection

- Stay close, don't leave them alone during a meltdown
- "I am here. You will get through this."
- Wait for the big emotions to pass, then identify them
- Provide space, both physically and emotionally for your child, while remaining present

Calming

- First, remain calm yourself. Then help your child.
- Take deep breaths
- Think positive thoughts: What you focus on, you get more of
- Be mindful of your body, notice tension
- Get curious. Ask yourself, how am I feeling? What does my child need from me right now?

Compassion

- Show empathy ~ communicate "I'm here to help"
- Reflect their feelings: "You seem..." "Your face looks like...", "It's hard when..."
- Model what you want to see: self-regulation, self-talk
- When your child is calm, talk about what happened
- Move on with the day, don't dwell on it!

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PARENTING Tips

Strengthen your relationship with your child by providing an emotionally safe home: predictable responses, consistent presence and loving interactions.

Play connecting games like peek-a-boo, "why I love you", get your belly, playful games of chase, tag and hide and seek.

Model empathy and caring ~ with your child and with others, even with how you play with your pets.

Model appropriate ways to respond to frustration. Think out loud... "I want to eat that now because I'm so hungry, but I have to wait until dinner time. Maybe a glass of water will help for now."

Provide structure and predictability throughout the day, giving warnings before you'll need to transition to something new. "In 5 minutes we're going to put toys away and put on pj's for bed."

Have realistic expectations for your child. Understand where they are developmentally, what makes them tick, and what might be contributing to their frustration (time changes, hunger, short naps, new babysitter, family changes, etc.)

Help your child reflect on their feelings and learn to calm themselves. Provide books and games that support this.

Introduce mindfulness and self-soothing activities, like taking a deep breath, creating a calming place to go when frustration builds or find a sensory toy that brings calm to your child.

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EVEN IF THERE'S A SURPRISE OR TWO ALONG THE WAY,
YOU'RE GOING TO ROCK THE PARENTING THING!

We're here to help at Nurtured Noggins.

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