

# A, B, C, D, E, F & P, P OF TAMING TANTRUMS

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## Attend:

Ask yourself: “How can I show my child (s)he is loved, important, heard, and capable?”

## Bridge:

Show your child emotions come and go—the big feelings will process & fade. I like to build a block-tower or puzzle nearby until my child is ready to join me. When (s)he does, I say, “Feeling better? Is there any sad left?”

## Calm:

Stay in your rational mind (“upstairs brain”), keep your cool & remember, “This is not an emergency. I can handle this.”

## Decompress:

Create time and space to feel better. Take your child to a private area if you are around others.

## Empathize:

Think of what it’s like to be in their shoes. “I wonder what my child needs?” “Hmmm... what is wrong in my child’s world?”

## Firm, Friendly Boundaries:

Steer away from inadvertently teaching your children that tantrums *work* by changing your mind as their yelling gets more persistent. Show your child you understand it’s hard to want something you can’t have. “You want four cookies. That isn’t good for your body. I’m sorry this is hard.”



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## Problem Solve:

Problem solve for the future. Talk about how to handle big emotions and conflict. Make a calm-down plan for the whole family.

## Prevention Strategies:

Fill their buckets & prevent compromising states (hungry, over-stimulated, tired), ensure lots of fresh air and movement time.

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More information in the **Taming Tantrums App** (For iPhone & Android)