



**One of the most effective ways to change the behavior of others is to change our own behavior.**

## Meltdowns vs Tantrums

A **meltdown** is a response to feeling overwhelmed; often attributed to high-stress scenarios or over-stimulation (too much sensory input). Children may not have full control over their mind and body during a **meltdown** so they can't simply "stop". A **meltdown** will end when the sensory system stabilizes. This is often described as children "tiring themselves out".

A **tantrum** is a behavioral episode that occurs when children have an unmet want or need. The want/need may be a physical item (toy), an action (go somewhere), an outcome (win the game), or engagement (attention). The behaviors that occur during a **tantrum** are generally within children's control. Depending on the age and development of they may not yet have the skills needed for self-control.

## Meltdown Tips

- Ensure safety of children and others
- Reduce sensory input as much as possible (people/crowds, noise, lights, strong scents/odors, etc.)
- Keep calm and be patient
- Be present; not pushy. Parents want to help their children during a meltdown. Sometimes the help being offered adds to the children's stress or sensory overload. Make sure the children have what they need to calm/self-soothe, they are safe, and that they know you are available to assist if needed. Stay nearby.
- Prepare in advance. Make a "go bag" that is easily accessed. It can contain items that are calming or soothing such as headphones, sunglasses, weighted blanket, fidgets, resistance band, body sock, books, or favorite music.

## Tantrum Tips

- Ensure safety of children and others
- Acknowledge what the children want or need
- Don't give in, if possible. Giving in can teach children that a tantrum will result in them getting their way and may lead to more tantrums in the future.
- Inform children of the appropriate way to get their wants and needs met
- Ignore the behavior, not the children. Engage with your children as if the tantrum was not occurring.
- Model the desired behavior. If you want your children to be calm then the parent should also be calm.
- Focus on what the children are doing well or what appropriate behaviors you would like to see rather than putting focus of attention on the inappropriate behavior.



## Upcoming Events

Date/Time	Topic	Link
Every Monday 10a-11a	Ask Me Anything: Behavior Hour	<a href="https://global.gotomeeting.com/join/329637733">https://global.gotomeeting.com/join/329637733</a>
Thurs, July 30 @ 8:30a	Coping Skills	<a href="https://zoom.us/meeting/register/tJYtdu2ggTluE9z1b2e8gDx6Q81LqovtQHTG">https://zoom.us/meeting/register/tJYtdu2ggTluE9z1b2e8gDx6Q81LqovtQHTG</a>
Thurs, July 30 @ 10:30a	Mindfulness & Stress Management	<a href="https://zoom.us/meeting/register/tJMuceCorDovEtGV6qaSVnCpc3eX40ZMwaBK">https://zoom.us/meeting/register/tJMuceCorDovEtGV6qaSVnCpc3eX40ZMwaBK</a>



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