



Quick tips for tantrums



STEP 1 Resist Fire

The KEY aim for parents during a meltdown moment is to put the 'fire' out by using the 'starving it of oxygen' strategy. You will feel like throwing fuel on it, but it's in your best interests to resist!



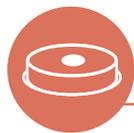
STEP 2 See Vulnerability

In the meltdown moment, choose to see your child as vulnerable, like they were when they were a baby. In the moment, they are very vulnerable and need help - it doesn't look like it - but it's the case, nevertheless.



STEP 3 Playfulness

Playfulness can work well as the meltdown moment is winding down. It's an excellent tool to build into general parenting moments too. Playfulness can be used to circumvent a meltdown (IF you can catch it in time) but it can also be used as a circuit breaker. Say things in an accent like, I think you might be getting upset about something right now, play a random fart noise or put a pair of undies on your head and ask them if they notice anything different about you. **Playfulness** might need to be practiced and that's okay too!



STEP 4 Press Reset

After the meltdown has cooled, build in the option of a 'RESET' button. This can be a helpful connector and refresher, particularly if you let them know you need their help to press your reset button too. Reset buttons can be on your body somewhere, a drawing of a reset button in the house or anywhere or anything you choose! Role model using it and asking them to help you use it too.



STEP 5 Trial & Error

Meltdowns are trial and error. Sometimes a strategy you try will be executed and timed right and other times it won't. However, strategies give you a method and direction to head in. It is worth the effort to keep persisting. Kids do well when they can. In their moments of meltdown, something is getting in their way to be able to do well. They are in the process of learning the skill set they need to do well over time. These types of approaches, every time they are used, is another step closer.

Last but not least...



STEP 6 Tenderness

Keep in mind, raising kids is about playing the 'long game'. They will get there, and a lot sooner than others having you in their life. Be kind to yourself. Being a parent is a very hard gig! Every day, ask yourself, what do I need to say or do to be kind to myself right now? You are definitely not alone!

Need some more guidance around what to do in those turmoil moments? Check out healthymummywellness.com

Lynn is a Clinical Psychologist and Director of Boss Brain, a digital space for kids and parents to learn early, learn together and learn well how to work (& play) with big emotions & behaviours. Boss Brain takes both a top-down AND bottom-up approach to emotional regulation.