




## What is your child's behaviour telling you?

When a child is having a meltdown, it may be because they are feeling overwhelmed. They need an adult to help calm them, identify the feeling, and reassure them that the big feeling will pass.

To help your child, try these steps:

-  Notice their body language.
-  Think what could have triggered the behaviour.
-  Respond to what they are trying to tell you.



### Symptoms of a meltdown or temper tantrum:

- Whining
- Crying
- Screaming
- Stomping feet
- Throwing objects
- Tensing muscles
- Hitting others



Elmo has fallen down and hurt his hands. He is screaming and stomping his feet.



Elmo was practicing twirling and tripped on a rock.



Louie goes over to Elmo and lets him know that Elmo hurt his hands and is frustrated from practicing something new. Louie gives him time to calm down and take a short break. Louie encourages Elmo for trying, and when he is ready, to get up and try again.





Marty is crying and holding on to his aunt.



Marty needs to stay at home while his aunt goes to work.



Marty's aunt lets him know it's ok to feel scared about being separated from his aunt. She reassures Marty that he is going to have fun at home with Grover today. They count down from five, hug, and talk about what time Marty's aunt will come home.



Abby has tears in her eyes and is about to cry. She is tensing her face and looking at her toy.



Abby's favourite toy has broken.



Abby's mom reassures Abby that it's ok to feel sad when something goes wrong. Together, they take a slow, deep belly breath. Then, they see if it is possible to fix the toy.



Children's behaviours can be confusing. But when you take time to **Notice, Think, and Respond**, you can help your child navigate difficult situations.



**You've got this!**

