

Tantrum Survival Playbook

Step 1: Provide Physical Comfort

- Try to keep calm (it's HARD)
- Remember they're flooded with a "too big" emotion, not malice
- Offer to hold or hug them (if in the car, offer to hold hands)

Step 2: Acknowledge the Underlying Need

- Example: "I know you want the toy."
- Example: "You must feel hungry, right?"

Step 3: Guide Them Through Self-Soothing

- Example: "Can you take a deep breath with me?"
- Example: "Let's stand up together. Can you stand next to me?"

Step 4: Stand Your Ground but Propose a Logical Solution

- Example: "I can't understand you when you're crying. Can you use your normal voice?"
- Example: "We have to wait to play with the toy until we get to the car. Can you help me look for our car?"

Step 5: Just Live Through It the Best You Can

- Tantrums are to be survived, not "won".
- Remember you're building life skills, not trying to stop the one episode.
- Measure your results and success over weeks, not minutes.
- You're doing great, mama. Stay strong. This too shall pass.