

6 Ways to CALM

Your Toddler During a Tantrum

When little toddlers throw tantrums, it's important for us to stay calm and patient, but also to be firm about the rules we set without getting angry or giving in.



OFFER CONNECTION

"I love you."

Staying connected to you is important to a toddler. Let them know that when they are done with their tantrum, you would love to _____(read with them, play a game, go outside, to have a tickle fight, etc.)



CHECK IN

"I'm here for you."

If you need to walk away or if your child needs some space to be upset, set a timer and do a "check in" every 1-2 minutes and see if they are done yet.

"Are you done being sad so we can _____ (play a game, go out outside, etc.)



SHOW EMPATHY

"I understand you."

Empathy calms the brain.
Sometimes empathy is all toddlers need.
Practice Empathy Statements:

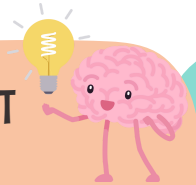
- "I'm sorry that happened. Are you OK?"
- "I know you're sad that you don't get your way. I'm here to hug you if you need it."



LOOK & LISTEN

"I hear you."

Look them in the eyes. Take time to listen.
Repeat back what they said:
"So, you feel _____because _____."
"I hear you saying _____"



REMOVE & REDIRECT

"I'll help you."

To help refocus your toddler's brain, remove them (or the object) from the situation and redirect them to something they CAN do. It's quick, effective, and helps them move past disappointment.

"No climbing the counter, but let's make a pillow pile for you to climb on!"



HUG & HOLD

"I've got you."

If a toddler is kicking, hitting, throwing things, biting, etc. you can hug and hold them tightly to restrain them as long as you are calm.

"It's OK for you to be angry, it's not OK to hit me."

It's OK to walk away if you feel out of control. If they are in a safe space, return when you are calm and hug.

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