



Dealing with

TANTRUMS,

TEMPERS,

&

MELTDOWNS

Consciously.



RECOVERY MODE



YOUR CHILD'S EXPERIENCE

First step in the middle of the storm, once you've dropped anchor yourself... is to assess...

Is your child:

- Hungry
- Tired
- Not feeling well
- Hurt

And then it's to listen.

What is actually going on... this is deep listening. Emotional Listening. Conscious Listening...

Heart felt listening.

And then when you've known the storm has peaked it's time for that shift in focus..

Here we go.

Time to practice the shift (and yes, this works for any age. We can use this before we actually hit a phase 10 flipout!)

AT LEAST

ASSESS...

Is your child Hungry?

Is your child Tired?

Is your child Hurt?

Is your child feeling sick?

At least:

Find 5 sentences that begin with the words At Least...

At Least

At Least

At Least

At Least

At Least

Then attempt to shift the energy. Move to a different room, shift to getting a snack or going outside... shift from the situation.

