

WHAT TO SAY DURING A TANTRUM

Sometimes it is best to not say anything, just be present.

When appropriate, OK the feelings: "You're upset about X, Y and Z - I get it"

Offer a hug, or some kind of physical contact for healing. Although most the time the child will need to let it out before coming in for a hug.



Repeat what the problem might be without necessarily saying it is okay, but more to communicate the child's problem: "You're really upset you didn't get pizza for breakfast?"

Mid Tantrum is typically not the time for talking, teaching, negotiating, or trying to end the tantrum. Sometimes forcing discipline too early mid tantrum will make it worse longterm.