

# CALMING

Strategies to help your child get through tantrums.

1

## Stay Calm Yourself

Speak softly and avoid reacting emotionally.

2

## Offer Physical Comfort

If they are open to it, a hug or holding hands can provide reassurance.

3

## Validate Feelings

Use simple phrases like, "I see you're upset." Reassure child that they are loved and you are not going anywhere.

4

## Chill Skills

Breathe together. Guide breathing with cues: "we are blowing out candles".

5

## Engage Senses

Use sensory tools like stuffed animals, fidgets, weighted blanket or bean bag chair.

6

## Use Their Calm Down Activities

Use soothing activities like drawing, playing in dried beans, listening to calm music.