

TANTRUM VS MELTDOWN

DIFFERENT BEHAVIOURS THAT REQUIRE DIFFERENT APPROACHES.

T
YOU KNOW WHAT
YOUR CHILD WANTS
OR IS REACTING TO.

M
BREATHE OUT FOR
SEVEN SECONDS

T
CHILD IS ABLE TO
PAY ATTENTION TO
WHAT'S GOING ON
AROUND HIM.

T
CHILD MAY BARGAIN
FOR A SOLUTION
WHILE YELLING.

M
A CHILD MIGHT YELL,
CRY, LASH OUT, RUN
AWAY AND/OR SHUT
DOWN AND
WITHDRAW.

M
BEHAVIOUR ENDS ONCE
WHEN THE CHILD GETS
WHAT THEY WANT OR
REALIZES THEY WON'T
GET WHAT HE/SHE
WANTS BY ACTING OUT.

M
NOT ABLE TO
COMMUNICATE
NEEDS AND WANTS.

M
CHILD DOESN'T SEEM
TO HAVE CONTROL
OVER THEIR
BEHAVIOUR AND
APPEARS PANICKY.