

4 Steps to Help Your Child When They Meltdown

Step 1: Push the Pause Button

Attend to mindfulness by asking:

- What's happening inside me?
 - Acknowledge, then process this later
- What's happening inside my child?
 - It's rarely ever the thing they bring to us, and almost always about their emotions
 - As if they're trying to say, "I have a lot of emotions and need to feel connected to you right now."

Step 2: Calm

- Name their emotion in a way they feel heard
 - "You seem sad."
- Soothe, comfort, rub their back, be present, etc.
- Empathize
 - Mirror back their emotion with your face/tone

Step 3: Connect

- Listen well, listen actively
 - "What are you worried about?" "What are you feeling sad about?"
- Listen for emotion/feeling
- Connect emotion/feeling to content (reflecting back your listening skills)
 - "I'm hearing this..." "Are you feeling sad because _____ happened?"
- Connecting with your child through your words and presence

Step 4: Communicate

- Look for alternatives and evaluate consequences
 - Talk through a plan
- Follow up when appropriate
 - "I noticed how you handled your plan. That was really great thinking! How did you feel about how it went?"
 - This helps the child connect the dots and take in an experience, helping them enjoy the experience and their success