

# HANDLING BIG EMOTIONS

---

## TAMING TODDLER TANTRUMS

- CHECK BASIC NEEDS: ARE THEY TIRED, HUNGRY, OVERSTIMULATED?
- INVOLVE KIDS IN DECISION MAKING EACH DAY
- CONNECT 1:1 WITH EACH CHILD FOR AT LEAST 10 MINUTES, EVERY SINGLE DAY
- ACKNOWLEDGE YOUR CHILD'S FEELINGS & SET LIMITS WHEN THE SITUATION CALLS FOR IT
- DIG UNDERNEATH THE SURFACE - WHAT EMOTIONS ARE HIDING UNDERNEATH?
- RESPOND TO BIG FEELINGS WITH LOVE & EMPATHY
- MATCH INTENSITY WITH A CALM RESPONSE
- GIVE THEM A HUG