

# 4 STEPS TO END A POWER STRUGGLE / TANTRUM CHECKLIST

- 1. Do not panic.

"When little people are overwhelmed by big emotions, it's our job to bring the calm, not join the chaos." - L.R. Knost

- 2. Hug snug

Wrap your arms around your child or shout "I need a hug right now."

- 3. Speak low and slow.

Using a low voice, slowly repeat your child's words back to them.

- 4. Say the feeling, start healing.

Name the feeling your child is experiencing and tell them. (e.g. You're angry because...)