

TODDLER TANTRUM HACKS

CHECKLIST

- Make a calm down jar to calm and pause.
- Hug it out to ground emotions.
- Infuse humor to release stress.
- Set the stage. Create expectations beforehand.
- Give a drink of water to calm and pause.
- Take a deep breath to relax.
- Reflect the emotion back. Using empathy, say, "I understand. You feel _____ because of _____."