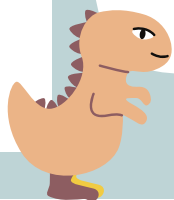


Cheat Sheet to STOP Tantrums

Here are a few methods to redirect behavior.

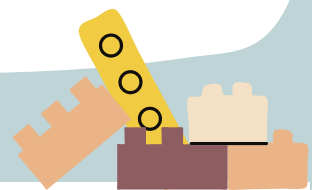
Be playful!

- Turn something into a game.
- Pretend toys are talking.
- Play the fool; ask questions.



State and express your feelings.

"I don't like it when I hear screaming in the house. It REALLY hurts my ears."



Use a word or gesture.

- Use one or two words as a gentle reminder.
- Using words: "Trash!"
- Using gesture: Point to trash on the ground and to a nearby trash can.

Describe what you see.

- Succinctly, non-judgmentally, and fact-based!
- Be sure to acknowledge their progress before describing what's next or missing.
- "You did so well! There's just one more toy to put away."

Give information about what's expected.

"Dessert is for after dinner."



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Offer them a choice.

Give 2 REAL choices that promote alternatives, not threats.

