AGES 3–12 EDUCATIONAL GUIDE

Managing Emotional Outbursts



WHAT THIS IS

During a meltdown, a child's thinking brain goes offline. Your job is to keep things safe and calm, not to teach in the moment.

HOW TO USE IT

1. Use the Before, During, and After plan.
2. Practice your calm phrase.
3. Review what worked.

EXAMPLE

"You're really upset. I'm here. I'll stay close until you're ready."

BEFORE

Prevent

- Know the triggers
- Give a warning
- Offer a choice

DURING

Stay steady

- Keep everyone safe
- Few words, calm voice
- Do not negotiate

AFTER

Reconnect

- Wait until calm
- Name the feeling
- Plan a try-again

Calm phrases:

"I'm right here."
"Big feelings are okay. Hitting is not."
"We can talk when your body is calm."

Skip in the moment: arguing, bargaining, shaming, lecturing, taking away things unrelated to the behavior.

My calm plan

The first thing I will do:

_____

A phrase I will say:

_____

How I will calm myself:

_____

Safety first. If anyone is at risk of harm, or outbursts are frequent, intense, or getting worse, contact your child's pediatrician or a licensed professional.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.