AGES 3–12 | QUICK-RESPONSE GUIDE

When Your Child Screams, Cries, or Becomes Aggressive



WHAT THIS IS

Intense emotions can overwhelm a child's ability to think or talk, so the body takes over with crying, yelling, or lashing out.

HOW TO USE IT

1. Keep everyone safe
2. Lower your voice
3. Name it

EXAMPLE

"I'm here. I won't let you hurt anyone. We'll talk when you're calm."

Why this happens

Intense emotions can overwhelm a child's ability to think or talk, so the body takes over with crying, yelling, or lashing out.

What your child may need

Safety, calm adults, and help to return to calm before any talking.

Try this

1. **Keep everyone safe**
   Move objects or siblings, stay close, and block hits gently.
2. **Lower your voice**
   Fewer words, slow breathing, and a calm face.
3. **Name it**
   "You're furious. I won't let you hurt. I'm here."
4. **Reconnect later**
   Once calm, talk about what happened and what to try next.

Try saying:

"I'm here. I won't let you hurt anyone. We'll talk when you're calm."

Avoid:

Matching their volume, shaming, or trying to reason during the peak.

My plan this week

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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.