



*Dealing with*

**TANTRUMS,**

**TEMPERS,**

**&**

**MELTDOWNS**

*Consciously.*



## **YOUR CHILD'S EXPERIENCE**

So, in this section we truly dive into the actual moment of the temper experience. Your child is in a meltdown. Life has collapsed and chaos is the reality **IN THIS MOMENT.**



The key is to feel the wave of emotion, which will build, climax, and then flow out again... and learning how to surf this as the observer and comforter.

By finding your own centre, you will be able to tune into the energy of this moment and hold space with your anchor point. Breathe deep and send love to your child.

One way to do this is...

To Focus on Their FEET.

Where attention goes, energy flows. So, by focusing on their feet you will be supporting them as the energetic, spiritual being they are.

In the worksheet below you can start to make note of the indications of where your child is on the wave. Consider their "behaviours when they are starting the build up... what their climaxing behaviour is and then the signs that they are ready to shift focus....

# KNOWING THE WAVE

**WHEN MY CHILD IS IN A TEMPER  
SOME STEPS TO THEIR WAVES ARE:**

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**When they are building in intensity they:**

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**At the height of their temper they....**

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**When they start to find centre again they...**

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**That's when I can....**

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