

Dealing with a Meltdown

1

FIGURE OUT WHY.

Think about what happened right before they became upset to get an idea of why. Did they want something or not want to do something?

2

HELP THEM DO SOMETHING MORE APPROPRIATE INSTEAD. THEN GIVE THEM WHAT THEY WANTED.

Once you know why, help them do something else that can get them what they wanted. Often this involves communicating appropriately. Don't give in to the meltdown until they do something more appropriate.

3

BE AS CONSISTENT AS YOU CAN.

Keep helping them ask appropriately and don't give in to the meltdowns. The more consistent you are, the faster they will learn.

