


## Tantrum v Meltdown

They're screaming, crying, throwing, hitting or even withdrawn. What am I doing wrong?

**You're not doing anything wrong.** It may be a tantrum, after all, all children have them or it may be that your child is overwhelmed, out of routine or is experiencing sensory overload and has gone into meltdown.

**Tantrum v Meltdown**  
Spotting the differences

Tantrums		Meltdowns
✓	Is the child <b>watching</b> for your reaction?	✗
✓	Is the child <b>considering</b> their own safety?	✗
✓	Is the child in <b>control</b> of their own behaviour?	✗
✓	Is the child making an effort to <b>communicate</b> their needs?	✗
✓	Is the child able to <b>calm down</b> once the situation has been resolved?	✗

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How you deal with it can vary greatly depending on if it's a tantrum or meltdown. This table helps you distinguish the difference between the two.

Your child's key person can give you some support with how to help your child when in meltdown or how to support a tantrum if needed.