



## Meltdowns Are Ok

Children experience meltdowns for many reasons. Sometimes it is because they can not get what they want, they are having a hard time expressing themselves, or they are simply tired. Meltdowns are expected and they are ok. Children have probably been experiencing more meltdowns during this difficult "stay at home" period. The following are tips and strategies to help your child through a meltdown.



Remember: During a meltdown is NOT the time to teach children but it is the time to support them through their difficult time so they are calm and able to learn later.

### Tips

- Acknowledge your child's feelings. "I see that you are upset, you are sad, you feel scared".
- Provide a deep pressure hug for the child if he or she allows you to. For some kids, this helps them to feel a bit more calm.
- Try not to talk too much during this time. Just allow your child to feel their emotions and let them know "It is ok to be sad, upset, or tired" and that you are here for them.
- Encourage your child to take deep breaths to work through the stress they are feeling in their body. Take deep breaths with them.

PIRS Team (Susan, Barbara, Janice & Simone)

