

The skill hiding behind the meltdown

Four hard moments, the skill each one is asking for, and the words to say out loud.

1

Your child gets frustrated easily.

Teach asking for help or for a break, before the frustration has anywhere to go. The words to say: "Help."



2

Your child cries when they lose.

Teach coping with losing, in a game short enough to lose twice. The words to say: "It is okay. Try again."



3

Your child melts down when told no.

Teach accepting no, and pair it with a real choice so no is not the end of it. The words to say: "No cookie. You can have an apple or a banana."



4

Your child cannot wait.

Teach waiting on purpose when nothing is wrong. Start at two seconds, then reward it. The words to say: "Wait."

