

Meltdowns vs Tantrums

Meltdowns	Tantrums
Child is in overload	Behaviour is deliberate with the goal to get needs met.
Primitive brain is in control	Thinking brain is in control
Peaks at 18-24 months	Occurs in older children
Increases again at 3 1/2 years	
Crying with real tears	Crying without tears
Limited speech	Speaking, grunting, negotiating, argues
Limited eye-contact	Watching adult's reactions closely
Can be physically wild	Deliberate kicking, hitting, throwing
Falling on floor, kicking, hitting, throwing	
Difficulties dealing with big feelings	Learns manipulation is OK
Disconnected from pain and loss	Insists on instant gratification

When repeatedly mismanaged