Toddler Tantrum Rescue Flowchart

Step 1 – Pause & Breathe
Inhale. Exhale. Keep your voice calm.

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Step 2 – Name the Feeling
Kneel to their level: "You're feeling [mad/sad/frustrated] because [reason]."

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Step 3 – State the Limit
Say: "It's okay to feel upset. It's not okay to [hit/scream/throw]."

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Step 4 – Offer a Simple Choice
Example: "You can [option 1] or [option 2]. Which do you choose?"

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Step 5 – If They're Still Melting Down
Stay nearby: "I'm right here when you're ready for a hug."