

# FINDING THE JEWEL IN THE TANTRUM

*A survival guide for when your kid is howling, flailing or yelling*



***Stick it to the fridge***

✗ *You're not trying to stop the meltdown*




*You're rewiring neural pathways*

- 1  **Your Kid Is Good** - Even while screaming bloody murder or demanding a unicorn at 7:48am. This is nervous system overload, not moral failure.
- 2  **Calm Yourself** - You can't fake chill. They will know. Get in your body. Breathe. Shake. Do your Wim Hof. You are the lighthouse. Light it up baby.
- 3  **Move In Close** - Tantrums need closeness, not "Go to your room!" Sit on the floor, be their soft landing. Be the adultiest adult in the room.
- 4  **Stay Close & Listen** - Let them rage, sob, flail like a tiny Shakespearean hurricane. Say things like:
  -  "You're so upset."
  -  "I know, Love."
  -  "I'm right here."No shutting it down. Just presence.
- 5  **Congratulations** - You Found the Jewel    
This is the gooey, vulnerable centre of your child's emotional universe. And you are in there with them. This is everything. Emotional fluency: unlocked.

# WHAT NOT TO DO DURING A TANTRUM

 A PSA from the Society for Not Raising Tiny Sociopaths

- ✗ **Don't Fight Them** - You don't also need to shout about the yoghurt. Now you're TWO mammals yelling about dairy.
- ✗ **Don't Fix It** - Don't feed the chaos by trying to make it all alright. Giving in tells them big feelings are scary.
- ✗ **Don't Lecture** - They can't hear your TED Talk on fairness right now. You're spouting Kant to a raccoon in a blender.
- ✗ **Don't Bribe Or Threaten** - Chocolate or "Santa's watching" might work but the cost? They learn love is transactional.
- ✗ **Don't Negotiate Or Plead** - The logic part of their brain has long left. You're doing diplomacy. They're doing survival.
- ✗ **Don't Bail** - Resist all urges to flee or zone out. They need your presence right now.
- ✗ **Don't Shame, Blame Or Guilt Trip** - "Now Mummy's sad too..." Shame shuts kids down, which creates piece-of-work adults.
- ✗ **Don't Rush To Resolution** - Tantrums are thunderstorms: you don't yell at the sky to stop. You put on your raincoat and you wait it out.
- ✗ **Don't Make It About You** - You're not a bad parent. They don't hate you. They're a tiny mammal overwhelmed by their insides. Don't make it your existential crisis. (That's for after bedtime).

*TLDR: **Don't join the storm. Be the lighthouse.**  
( And drink some water. You look dehydrated.)*