



Pyramid Pages

News & Tools for Parents & Early Childhood Providers

This monthly newsletter from OEC highlights basic Pyramid Model tips, tools, and resources that promote healthy social and emotional development in young children.

Teachable Moments: How to Help Your Child Avoid Meltdowns

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Does this sound familiar? Your children are playing in the living room while you clean up the kitchen. You answer the phone, and a few minutes later, one child is angry and screaming because someone took her toy and the other is in tears because her sister hit her. It is in isolated moments like this that parents often find themselves trying to teach rules or give long explanations. Unfortunately, in moments such as this, your child usually is not even hearing your words let alone learning the rule. This is not a teachable moment. There are countless teachable moments daily when skills can be taught and emotions discussed.

1. **Bath Time** (teaching rules): "The water stays in the tub. You can use the cup and pour water into another cup or you can pour water on your body."

2. **Car Time** (teaching friendship skills): "I saw that your friend, Bella was sad at school today."

3. **Can ask for help, get a timer or trade her sister for another toy.**

Click to Read: [Addressing Behavior – Teachable Moments: How to Help Your Child Avoid Meltdowns \(English\)](#)

News

As a parent or caregiver, you can reduce meltdowns and challenging behaviors such as hitting, biting, pushing, and whining when you:

- 1) concentrate on calming a child during a challenging behavior incident; and
- 2) wait until an appropriate teachable moment to actually teach the child skills and strategies.

Tools

These are some calm down strategies to try out! The more you use a calming strategy and practice the strategy with children, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

Help Us Calm Down
Strategies for Children

I can...

1,2,3,4,...

Try these strategies with your child the more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

Click to Read: [Help Us Calm Down Strategies for Children \(English\)](#)

Resources

- **Video:** Teacher demonstrating breathing strategy: <https://www.youtube.com/watch?v=wjM8yOTrBP4>
- **Click to Read:** For Families: <https://challengingbehavior.org/document/tucker-turtle-takes-time-to-tuck-and-think-at-home/>
- **More calm down strategies:** https://challengingbehavior.org/docs/Stay-Calm_Infographic.pdf
- **For more information,** email us at CTPyramid@gmail.com.

