

# BIG Behaviours



# Meltdown or Tantrum? What's the difference?

TANTRUM	MELTDOWN
<p>In control and aware</p> <p>Often a response to something they don't like or they want</p> <p>May bounce back quickly once it has been resolved</p> <p>Responds well to consequences &amp; boundaries</p>	<p>Involuntary loss of control</p> <p>The 'red zone'</p> <p>May feel very low and teary afterwards</p> <p><b><i>An extreme stress response</i></b></p>

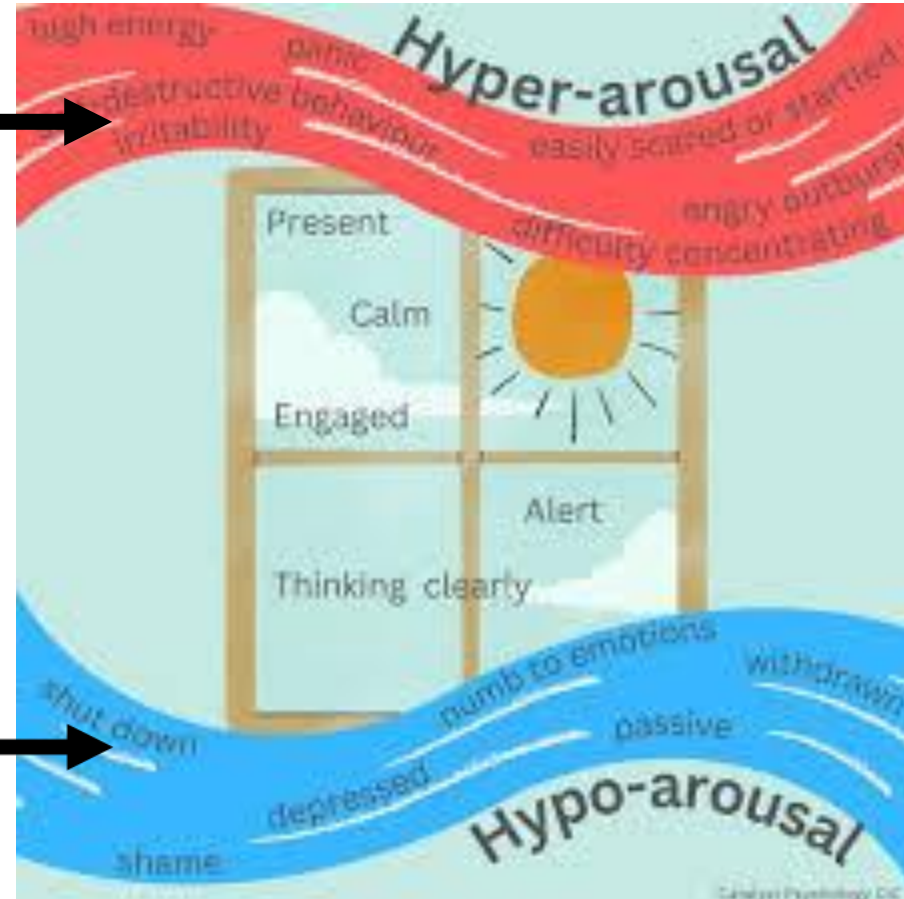
# What causes BIG behaviour?

Fight or Flight

*Aggressive*  
*Violent*  
*Verbally abusive*  
*Damage property*

Freeze or Fawn

*Shutdown*  
*Withdrawn*  
*Depressed*  
*Isolated*  
*People-pleasing*



# Common Triggers

Being in a **FIGHT** or **FLIGHT** state is a chronic stress response

It's difficult for **EVERYONE** – parents and carers!

But it's important to remember that most difficult for the child.

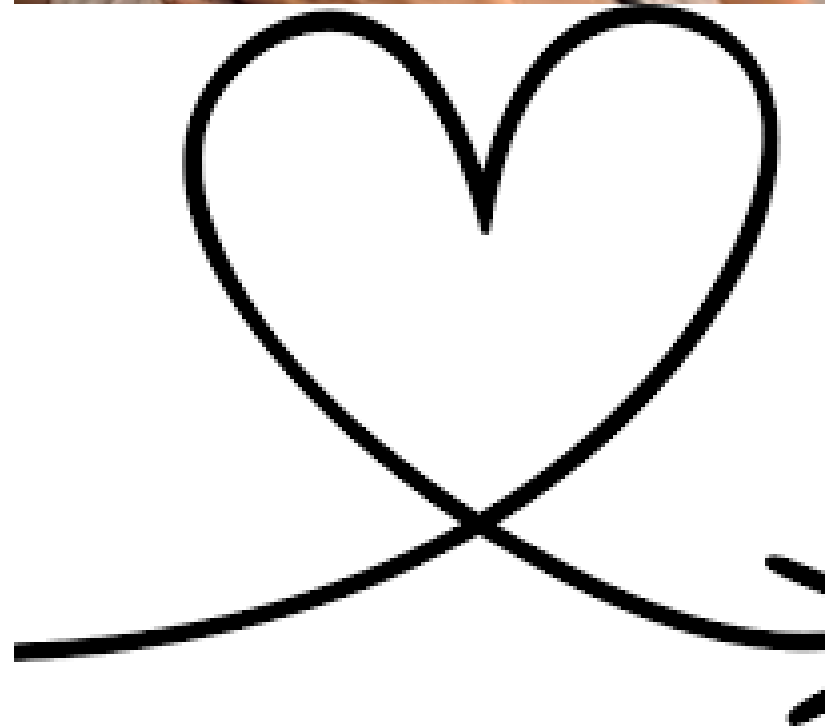
There are common triggers:

- Being overwhelmed
- Sensory overload (smells, clothes, noise etc)
- Tired
- Hungry
- Picking up stress from caregivers
  
- Having a **neurodivergent** profile eg: ADHD, Autism, Dyslexia
- Experiencing Trauma or Attachment difficulties

What can you  
do?

1. REGULATE

2. CIRCLE BACK



# REGULATE

You are your child's  
emotional barometer

They check in with  
you to see how  
they're feeling

They will spiral **UP** or  
**DOWN** depending on  
what they pick up  
from you





# THE EMOTIONAL GUIDANCE SCALE

## UPWARD SPIRAL HPF



## DOWNWARD SPIRAL LNF



You can help them to spiral UP by regulating your own feelings

# Circle Back

- Once the storm has passed we all breathe a sigh of relief!
- But you must circle back in a calm, regulated moment
- Often children can't remember what happened when they were in the red zone
- By circling back you can talk it through
- This helps to prevent it happening again
- It helps the child to process and talk about their BIG feelings
- It helps to teach accountability

