



**Global
Education
Therapy**

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SCHEDULE A FREE CONSULTATION

**SCROLL DOWN FOR
YOUR FREE PARENT
HANDOUT!**

**AN ONLINE
MULTIDISCIPLINARY
TEAM DEDICATED TO
INCREASING
ACCESSIBILITY TO
EDUCATION AT HOME
AND ABROAD**



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**GET IS AN ONLINE
MULTIDISCIPLINARY
TEAM DEDICATED
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ACCESSIBILITY TO
EDUCATION AT
HOME AND
ABROAD**

GET Help:

"Why does my child throw tantrums?"

TROUBLE WITH TRANSITIONS: TANTRUMS VS. MELTDOWNS

Many parents struggle with seamless transitions between activities without it turning into a tantrum... especially if the current activity is fun!

Myths:

- Meltdowns only occur in children with Autism Spectrum Disorder (ASD)
- Meltdowns occur because a child is stubborn and/or misbehaving.
- Meltdowns are means to manipulate adults

Facts:

- Tantrums and meltdowns occur in children with ASD, ADHD, anxiety, sensory processing, or emotional/developmental issues.
- They often occur if a child is unable to communicate basic wants/needs or understand requests/demands
- Meltdowns are not meant to manipulate adults, but tantrums are!

Tips for Meltdown & Tantrum Free Transitions

- Visual schedule (Free First/Then Board below!)
- Choice Board
- Timers
- Transition toy
- Sensory strategy like stretch, listen to music, or find a quiet place.
- Mindfulness activity like counting breaths

When to seek a specialist...

- If meltdowns are due to difficulty communicating basic wants/needs and/or comprehending what they've been told, consult an SLP
- If transitions are a result of sensory processing disorder, consult with an OT

Tantrum or Meltdown?

TANTRUM

Behavioral, seeking attention, looking for reaction to manipulate others, able to calm down, won't hurt themselves, communicates wants

MELTDOWN

Neurological, not to gain attention, unaware of surroundings, dysregulated, persist after issue resolved, may hurt themselves.

GLOBAL EDUCATION THERAPY OFFERS VIRTUAL SPEECH THERAPY, OCCUPATIONAL THERAPY, TUTORING, AND SUPPORT FOR STRUGGLING READERS AT HOME AND LIVING ABROAD!



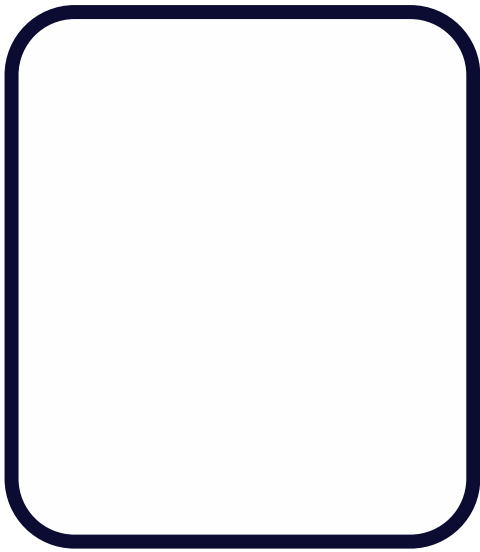
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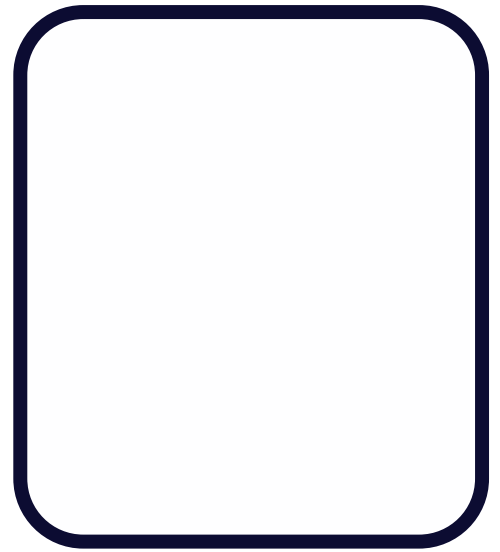
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First



Then



I want...



I Want

