

Tantrums, Meltdowns and Shutdowns...

Inevitable or avoidable parts of childhood? (and how to survive them!)



Tantrums and meltdowns are two words that feature in almost every parent's vocabulary. Some of us have many horror stories to share about having to deal with them in public, whereas some parents become overwhelmed and extremely worried when their children go into a complete shutdown and become unresponsive. Most of us though believe that these behaviours should be confined to the early years and are surprised when they seem to persist even as our children reach their "tween" years (8-12).

So, how are we to know which of these behaviours are typical for primary aged children? How do we even differentiate between them? And even more importantly, how do we respond to them?

If you'd like to learn more about this, please join us for our next online session.

WHEN AND WHERE: Wednesday 6th March 2024 at 1pm (live via zoom)

DURATION: Approximately 60 mins

HOW TO REGISTER: www.move-more.org/events/tantrums-meltdowns-shutdowns/

Once you complete our short registration form, you receive the link to join the webinar. Please make sure you check your junk/spam folders. If you don't hear from us by the 5th of March, please don't hesitate to contact Marijana on marijana@move-more.org

