

FLOORTIME Approach to TAMING TANTRUMS

Identify the Emotion

Help child focus on the emotional experience

- ◆ Narrate (“You’re really mad because Billy took your toy”)
- ◆ Deepen the feeling until the child can recognize it

Provide Help and Guidance

Show how you can help with co-regulation

- ◆ Just do it! “I will stop you because that is not safe” (hold and contain)
- ◆ Offer help (“Do you want me to help you fix it?”)
- ◆ Give options (“Do you want to use tape or glue?”)
- ◆ Give them time
- ◆ Sensory strategies (sandwich, bear hug, turn down lights, dry rice)

Recover and Review

- ◆ Explain what will happen next (“When you stop crying we can go to the art table.”)
- ◆ Tell the child: “Let me know when you are ready.”
- ◆ Help them know: “You’re all better now.”
- ◆ Later review what happened (“You got really sad when you made that mistake.”)

Common errors:

- Moving too quickly (using rules, distractions, avoidance, fixing the problem for them)
- Not deepening the emotion (comforting too quickly)
- Focusing on the perspective of others before the child recognizes their own emotional state
- Not staying calm