

# TANTRUMS

VERSUS

# MELTDOWNS

## WHAT THEY ARE AND HOW TO TREAT THEM

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"Bad" behavior

Angry or frustrated outburst

Some control over body

Goal oriented

Look for adult reactions

Triggers Include:

Desire to get something or avoid something

Frustration

Lack of ability to communicate

What To Do:

Acknowledge what your child wants without giving in

Keep language simple

Keep routines and expectations predictable

Teach appropriate way to ask for desired items or attention



Neurological reaction

Can look similar to tantrums

No control over body or reactions

Not goal oriented

Not done for reaction

Triggers Include:

Sudden changes in routine

Intense frustration

Overload of sensory input, information or emotions

Lack of ability to communicate

What To Do:

Find a safe, quiet spot for your child to calm down

Reduce sensory stimuli and distractions

Be a calm, reassuring presence

Keep talking to a minimum

Keep routines and expectations predictable