



# WHAT IS THE DIFFERENCE BETWEEN A TANTRUM AND A MELTDOWN?

THE SOCIAL CONNECT MODEL



**Tantrums and meltdowns will appear similar but you cannot tell them apart by simply observing the behaviour.**

## TANTRUMS= ACCESS/ESCAPE

**Tantrums occur when a child is trying to access something they want (e.g. a toy, a book, an activity or attention) They also occur when a child is trying to escape something that they do not want (e.g. an activity, academic work)**



## TANTRUMS ARE CONSEQUENCE DRIVEN!

**Tantrums are likely to quickly end if the desired outcome is attained.**



## A MELTDOWN OCCURS WHEN SOMEONE IS OVERWHELMED

**This is not an intentional or planned behaviour. The person has lost control of their behaviour.**

## MELTDOWNS ARE TRIGGER DRIVEN

**A A meltdown will not cease when consequences are provided.**



**YOU CANNOT TREAT THEM IN THE SAME WAY  
AND EXPECT A POSITIVE OUTCOME**

