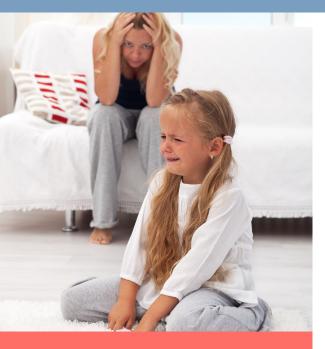
WHAT IS THE DIFFERENCE BETWEEN A TANTRUM AND A MELTDOWN?

THE SOCIAL CONNECT MODEL







Tantrums and meltodowns 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 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

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