

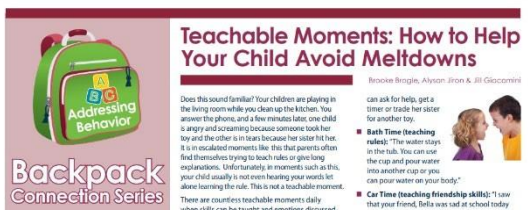


Pyramid Pages

News & Tools for Parents & Early Childhood Providers

This monthly newsletter from OEC highlights basic Pyramid Model tips, tools, and resources that promote healthy social and emotional development in young children.

Topic: Avoiding Meltdowns and Calming Strategies



Click to Read: [Addressing Behavior – Teachable Moments: How to Help Your Child Avoid Meltdowns \(English\)](#)

News

As a parent or caregiver, you can reduce meltdowns and challenging behaviors such as hitting, biting, pushing, and whining when you:

- 1) concentrate on calming a child during a
- 2) wait until an appropriate teachable moment to actually teach the child skills and strategies.

Tools

These are some calm down strategies to try out! The more you use a calming strategy and practice the strategy with children, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.



Click to Read: [Help Us Calm Down Strategies for Children \(English\)](#)

Resources

- **Video:** Teacher demonstrating breathing strategy: <https://www.youtube.com/watch?v=wjM8yOTrBP4>
- **Click to Read:** For Families: <https://challengingbehavior.org/document/tucker-turtle-takes-time-to-tuck-and-think-at-home/>
- **More calm down strategies:** https://challengingbehavior.org/docs/Stay-Calm_Infographic.pdf
- **For more information,** email us at CTPyramid@gmail.com.