



A Therapeutic Approach
to Movement and Learning

Handling Tantrums & Difficult Behaviors:

How Good Beginnings Can Help

We understand that tantrums and challenging behaviors can be overwhelming for families. You're not alone—many children struggle with emotional regulation, and the right support can make all the difference. Here's why working with Good Beginnings can help and a few simple strategies you can start using today:



Behavior is Communication- We Help Decode It

Tantrums aren't just outbursts; they're a way for kids to express frustration, sensory overload, or unmet needs. Our therapists help identify what's behind the behavior and teach children new ways to communicate and self-regulate.

TRY

When a tantrum starts, say out loud what you think your child is feeling: *"I see you're really frustrated because your toy isn't working."* Naming emotions can help kids feel understood and begin to calm down.



A Team That Understands and Supports You

Our occupational and physical therapists are trained to work with children who experience emotional regulation difficulties. We tailor strategies that fit your child's unique needs and provide practical guidance for parents.

TRY

Use **"First/Then"** language to guide behavior: "First, put your shoes on, then we can go outside." This helps children understand expectations and feel more in control.



Building Skills, Not Just Managing Moments

Instead of just stopping tantrums in the moment, we focus on:

- Teaching self-regulation and coping skills.
- Developing sensory strategies for overstimulation.
- Strengthening communication and frustration tolerance.

TRY

Encourage **"big breaths"** by having your child blow bubbles or pretend to blow out candles when they start getting upset. Deep breathing calms the nervous system and helps prevent meltdowns.



Support Beyond the Therapy Room

We provide tools and strategies you can use at home, in school, and in the community to support your child's success in daily life.



TRY

Create a **Calm-Down Corner** with soft pillows, favorite books, or a small sensory bin. Let your child use this space when they feel overwhelmed instead of escalating to a full tantrum.



Telehealth Options For Extra Support

Can't make it to every session? We offer telehealth options for parent coaching and check-ins to help reinforce strategies at home, reducing stress and improving progress.



TRY

Keep a **Tantrum Journal** for a few days, noting when and why meltdowns happen. Are they more frequent before meals? After school? Identifying patterns can help you make small changes that prevent big outbursts.



You're Not Alone- We're Here to Help

We work with many families facing similar challenges, and we've seen firsthand how the right support can transform a child's ability to manage emotions, behaviors, and interactions.



TRY

Let's Work Together!

If tantrums and challenging behaviors are affecting your child's daily life, we can help. **Contact us** to learn more about our approach and schedule an appointment.