

# Parent Workshop: Managing Meltdowns & Tantrums

## How to Help 2-12 year old children cool off

When children have a hard time managing their emotions it can turn into meltdowns and tantrums. Meltdowns and tantrums can be effectively prevented, managed, and treated. In this workshop, parents will:

- Be able to tell the difference between a meltdown and a tantrum,
- Learn tools to respond to and prevent meltdowns and tantrums, and
- Be given resources for when to seek additional help.

### WHO:

Caregivers of children ages 2-12

### WHEN:

Wednesday, October 21<sup>st</sup>  
6:30 PM – 8:00 PM

### WHERE:

Video Conference

### COST:

Free- Donations optional

To register, please visit:

<https://www.austinchildguidance.org/news-events/event-calendar.html>

For questions, please call: 512-451-2242

