

Calming Down an Inconsolable Child

Do Something Unexpected
To Get Your Child's Attention

Whisper - Jump Up and Down - Make Silly Faces

Challenge Your Child
To Answer a Logical Question

Can you find 5 blue things? Can you find 4 yellow things? What's 2+2? What are 3 things you can see right now? What are 2 things you can touch?

Repeat these steps until your child is calm.

Once your child is calm, spend time discussing what made them so unhappy and problem solve together.

