

Inclusive Developmental and Therapy Center

Calmer Behaviour & Fewer Meltdowns

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✓ Can I help my child at home?

Yes, you really can. Help your child have fewer meltdowns, understand what is expected of them, and settle more quickly — with less shouting from anyone. This free program breaks it down into simple weekly steps, built from proven therapy techniques — things any parent can do at home, in everyday moments, at no cost. It doesn't replace a professional assessment where one is needed, but for a lot of children it makes a real difference, and it never does any harm.

Go at your own pace — a new, gentle focus each week.

Download the whole program as a printable PDF to keep.

Includes the signs that mean it's worth getting a bit of extra help.

When the day is one long round of tantrums, refusals and meltdowns, the quickest thing you can change at home is not your child — it is the pattern around the behaviour: what happens in the minutes just before it, and what happens straight after. That is exactly what this free home program walks you through, one gentle focus a week, for children roughly 2 to 8. It sits alongside our other **free home programs for parents**, so you can pair it with whatever else your child is working on.

It helps to know what is ordinary. Young children feel very big feelings with a brain that cannot yet slow them down, so they show you with their body what they cannot yet say in words. Behind most difficult behaviour sits one of four simple things: wanting your attention, wanting something they cannot have, escaping a task that feels too hard, or being flooded by a feeling that is too big. Tiredness, hunger, noise and a sudden change of plan make every one of them worse.

Parents tell us the same thing in their own words — bacha bohat ziddi hai, har baat pe zid karta hai, baat nahi manta. Stubbornness at this age is usually a signal, not a character flaw, and it is not a verdict on your parenting. This program is built on gentle, well-established strategies: understanding what sits underneath the behaviour and steering your child towards calmer ways to cope. It is not about punishing harder, it never involves smacking, and it does not replace a proper assessment — if your child needs one, you can **book an appointment at the centre**.

Every hard moment has the same three parts. Once you can see them laid out, it is far easier to work out which part you are able to change — and it is almost never the middle one.



گھر پر آج یہ کریں

اردو • Urdu

بچے کے رویے کو نرمی اور ٹھہراؤ کے ساتھ بہتر بنانے میں مدد دیں۔

اچھے کام پر فوراً شاباش دیں ”بہت اچھے، تم نے کھلونے رکھ دیے۔“

روزانہ کے معمولات ایک جیسے رکھیں، کھانا اور سونا وقت پر ہو۔

کام سمجھانے کے لیے کہیں ”پہلے کھانا، پھر کھیل۔“

بچے کے بگڑنے کی وجہ پر دھیان دیں، جیسے بھوک یا تھکن۔

♥ Who this program is for

- ✓ Children roughly 2 to 8 who have frequent tantrums or meltdowns
- ✓ A child who says no to almost everything, or digs in hard against everyday routines
- ✓ Children who hit, bite, throw or scream when they cannot get their way
- ✓ Families stuck in a loop of shouting, threats and everyone feeling worn down
- ✓ Parents who want to be firm and loving at the very same time, without smacking
- ✓ Homes where the adults each handle behaviour differently and it is not working
- ✓ Parents waiting for an assessment or therapy who want something useful to start now

⚡ Important – when to get professional help

This is a supportive home program — it isn't a diagnosis, and it doesn't replace a proper assessment. Please speak to a professional soon if:

Aggression or self-harm, such as hitting their own head, biting themselves or hurting themselves on purpose

Seriously hurting other children or adults on a regular basis, or behaviour that is genuinely unsafe

A sudden, marked change in behaviour that is not like your child at all

A loss of skills, or a return to much younger behaviour your child had grown out of

Difficulties that are just as strong at school or nursery as they are at home

A child who seems unhappy, fearful or withdrawn most of the time, not simply angry in the moment

Behaviour that leaves your child, or you, frightened or unable to cope day to day — including if you feel close to losing control of your own reactions. That is a reason to ask for help early, never a reason to feel ashamed.

Getting help where you live

Everything here is free to use **anywhere in the world**. If you'd like a professional to take a closer look, the best next step is someone local to you:

Work with us online, from anywhere. We offer **online sessions and parent coaching** worldwide — book an online consultation and we'll guide you and your child directly.

Talk to your child's **doctor, paediatrician, GP or health visitor** — share what you noticed.

Ask about **free early-childhood or early-intervention services** in your area — many countries offer them for young children (e.g. Early Intervention in the US, NHS referrals in the UK).

Search **“child speech & language therapist near me”**, or ask your doctor for a referral.

Near Multan, Pakistan? You're also warmly welcome in person at our centre — **contact us here**.

Your step-by-step roadmap

Move at your child's pace, not the calendar's — the “weeks” are just a gentle order, not a race. Feel free to repeat any stage for as long as it's helping.

Week 1 – Find the pattern behind the meltdowns

Work out what sets the hard moments off, before you change anything.

For one week, note three lines on your phone after each hard moment: what happened just before, what your child did, and what happened next.

Watch for the usual triggers — hunger, tiredness, a transition, being asked to stop something enjoyable, a change of plan, noise, or a demand that is a little too hard.

Ask what the behaviour is winning for your child: your attention, escape from a task, a thing they want, or relief from a feeling that is too big.

Note the calm stretches too, and what was different about them. Those are the conditions you want more of.

 **Try this:** Behaviour is a message, not misbehaviour — find the pattern before you change a thing.

Week 2 – Catch the good

Grow the behaviour you want with your attention.

For every correction, try to notice five ordinary good moments out loud. Most of us do the opposite without realising. If your child likes seeing it add up, our printable weekly reward chart makes the noticing visible.

Be specific and warm — “You waited so nicely while I was on the phone, thank you” beats a vague “good boy”.

Praise while the behaviour is actually happening, not ten minutes later when the moment has gone.

Give ten minutes a day of one-to-one play where your child leads and you do not instruct, correct or question. Special time like this sits at the heart of almost every parent-training program, and it costs nothing.

 **Try this:** Children repeat whatever gets our attention — so feed the behaviour you want more of.

Week 3 – Clear and kind limits

Keep expectations simple, positive and consistent.

Settle on two or three house rules and phrase them as what to do — “gentle hands”, “walking feet”, “ask before you take”.

Give one instruction at a time, close up and with your child’s attention, rather than calling it across a room. If it feels like your child simply ignores you, it is worth reading why a child does not follow instructions — sometimes it is understanding, not defiance.

Say what happens next instead of asking a question you do not really mean. “Time to wash hands” lands better than “shall we wash hands?”

Respond the same way every single time, even when you are exhausted. A rule that holds on Tuesday and folds on Wednesday teaches a child to keep pushing.

 **Try** Consistency is a kindness — a rule that shifts daily is far harder on a
this: child than a steady one.

Week 4 – Smooth the flashpoints

Head meltdowns off before they ever build.

Warn before every change — “two more minutes, then we tidy up” — and let a timer be the one saying no, not you.

Offer small, real choices to defuse power struggles: “shoes first or coat first?”

Use first-then out loud: “first the food, then the cartoon.” Name the less-fun thing first, and always follow through. A printable first-then board makes it visual for a child who does better with pictures than words.

Plan the three moments you already know are hard — leaving the park, screens off, bedtime — and run them the same way every day.

 **Try** A little warning gives a busy brain time to change gear, and heads off
this: a lot of meltdowns.

Week 5 – Stay calm through the storm

Respond steadily when a meltdown actually lands.

Steady yourself first. Slow your own breathing and drop your voice — a child cannot settle beside a frightened or angry grown-up. Teaching the same few steps in the calm moments helps, and our [printable calm-down card](#) lays them out in pictures.

Say less. A few calm words, repeated, work far better mid-storm than any explanation.

Keep your child safe, stay nearby, and let the wave pass without arguing, bargaining or adding new demands on top.

Reconnect warmly afterwards, and talk it through briefly only once everyone is calm. That is the point at which anything can actually be learned.

 **Try** You can't reason with a child mid-meltdown — be the calm harbour
this: first, teach later.

Week 6 — Make it hold everywhere

Get the whole household, and school, pulling the same way.

Agree the two or three rules and the exact words with everyone in the house — both parents, grandparents, and anyone else who cares for your child.

Teach the missing skill in the calm moments: how to ask for help, how to wait, how to say “I am angry” instead of hitting.

Practise the hard situations in advance through play — leaving the shop, sharing a toy, losing a game. For a child of roughly eight and up, the same rehearsing runs through our program for making friends and social confidence.

Share what works with your child’s teacher, so home and school are not undoing each other.

 **Try** A strategy only counts once it works in the moment that was hard —
this: so practise it there, on purpose.

Little tricks that make it work

- ✓ Decide how you’ll respond before the moment, not in the heat of it.
- ✓ Meet the basic needs first — a hungry, tired or overstimulated child tips over far more easily.
- ✓ Choose the small annoyances you will deliberately let go, so your attention is free for what matters. Never ignore anything unsafe.
- ✓ Apologise when you lose your own temper — it teaches repair far better than any lecture.
- ✓ Make sure both parents, and anyone else caring for your child, handle things the same way.
- ✓ Keep instructions short and positive, one at a time, and ask your child to say it back to you.
- ✓ Repair after a hard moment with a hug; the boundary can hold and your bond can stay warm.
- ✓ Look after yourself too; every one of these strategies runs on patience you have to top up.

How you'll know it's working

- The storms pass more quickly — speed usually improves before frequency does.
- Your child settles and comes back to you sooner afterwards.
- They follow a simple rule or request first time more of the time.
- Fewer battles at the flashpoints you planned for, like bedtime or leaving the park.
- Less shouting and more calm in the house overall, from everyone.
- You feel steadier, and you know what you will do next time it happens.
- If you want a second read on where your child is up to, our free behaviour and feelings check takes a couple of minutes and gives you a plain-language result.



Is this based on real methods? This program follows positive behaviour support and ABA principles: look closely at what comes immediately before and after a behaviour, meet the need sitting underneath it, keep routines and responses consistent, and deliberately grow the behaviour you want with attention and praise rather than only reacting to the behaviour you do not. Structured parent training in behaviour management is recommended by health bodies including NICE and the CDC as a first-line support for younger children with behavioural difficulties, before anything more intensive is considered.



Educational information, not a diagnosis. Our guidance follows standard, research-based practice (CDC, NHS, ASHA and WHO), is written by our therapy team and **medically reviewed by a GMC-registered doctor**. Every child is different, so we can't promise specific results — always use your own judgement and speak to a qualified professional about your child. **Read our full disclaimer.**

Calmer Behaviour: questions parents ask