

DAY TWO: FALLING APART v2  
 Jilann Spitzmiller

TITLE: FALLING APART Toddlers & Tantrums	
	GABY AND STEVE, TAKE 1 14:41:50 With the tantrums and everything, those have really kicked in.
	Jackie That's what he likes to do whenever he doesn't like to listen, he'll roll on the ground because he knows I don't like that.
	Jeff 2 1:16 It takes a lot of patience to not get upset when he freaks out or goes into some tantrum.
Home video	Jasmine: For me, like I'm just needing to kind of battle with this part of me that just kind of wants to squash her and this other part of me that wants her to just be really powerful and really assert herself.
	Santos (in Spanish) I ask my celestial Father to give me patience so that the anger will pass. Or if I'm a bit frustrated so that I can control myself.
INTERTITLE: TANTRUMS are SO challenging...WHY do they happen?	
	Dr. A Take 3, 57:29 To talk about this age in children is to talk about tantrums. It is very common.
ID	Dr. H Take 3 15:01:01 Generally what happens for kids in the developmental stage as toddlers is that they get frustrated.
ID	DR. G TAKE 1 14:18:15? They mostly just think about themselves. They see things from their own point of

DAY TWO: FALLING APART v2  
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	<p>view. They haven't learned to see things from another person's point of view yet so you can't expect that from them.</p>
<p>ID</p> <p>Home video</p>	<p>Dr. A Take 3, 57:29</p> <p>Toddlers think that they can do anything and they don't have a concept of time. So they are going to want to do everything in that moment.</p> <p>Everything is based on what they want.</p> <p>In some circles we speak of this age as the "I, my, me, mine".</p>
<p>Home video</p> <p>Dr. G on camera</p> <p>Home video</p> <p>Dr. G on camera</p>	<p>Dr. G. Take 4 00:16</p> <p>A lot of people think that tantrums are manipulative. But really I think that's a small percentage of the tantrums. The majority of tantrums are caused by spill-over of emotions, just buildup of frustration that the child does not know how to control or deal with.</p> <p>They just reach a point where they don't know what to do with all the feelings that they have.</p>
<p>Dr H on camera</p> <p>TITLES ON SCREEN</p>	<p>Dr. H Take 4 10:24</p> <p>So as a toddler, part of it is that you have not yet developed coping skills as effectively as you will down the line. And as a parent, part of what you want to do is help develop those coping skills. You want to help develop what I would call emotional literacy. What's the word that goes with that feeling that you're having?</p>
<p>INTER-TITLE:          How can I help my TODDLER learn about their FEELINGS?</p>	
	<p>DR. H</p> <p>So as parents, one of the things that's helpful is to start to label emotions, start to talk about what makes you feel a</p>

DAY TWO: FALLING APART v2  
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	<p>certain way. To help the child understand that having an emotion is okay, it's what you do with that emotion that's important.</p>
Paper plate exercise	<p>Dr. H 4 11:22 ... one of the things that I've done with parents is take a paper plate and you draw a happy face on one side and a sad face on the other, and you have the child use that to sort of demonstrate 'this is how I'm feeling'. And then you actually can develop skills, like when I'm sad, or mad if that's the feeling they describe, here are the two or three things that I can try and do. I go in my room and I lay on my bed, or I breathe like a dragon, take some deep breaths. Those kinds of things. And as kids get older and they develop a sort of a wider range, as a parent what you can do is you then can help them expand their range.</p>
	<p>JOSH Take 3, 12:36:37 She wants to figure out how to put words to the things she's feeling. And that's part of kind of our job as parents, to help fill that in and give her a context for her experience and let her know that it's totally normal to have a whole range of feelings.</p>
	<p>DR. A 2 49:39 ...So, one way of doing this is to say "I see that you are angry and it caused you great frustration that I tell you no".  Then that not only IDENTIFIES the emotion, but also VALIDATES the emotion so that it makes sense to the child.</p>

DAY TWO: FALLING APART v2  
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	<p>Caroline Take 4 cont'd Even just explaining to him, "oh you're super tired. You woke up really early. And for him to hear that, that actually helps him understand why he's feeling the way he's feeling too.</p>
	<p>GABY TAKE 2 50:46 I noticed a few days ago he started saying "I'm sad, mama." And so I can see like those little improvements.</p>
	<p>DR. G A child who can identify their emotions and communicate that to someone else, is going to have a lot easier time with relationships.</p>
<p>But when we get to MELTDOWN mode what should I DO?</p>	
	<p>CAROLINE Take 4, 11:00 And what sometimes I do when he goes into major meltdown is to just give him the space....So I decide, I'm just going to give him a little space...I'm not going to get worried, or upset or demanding because it just escalates.</p>
	<p>GUSTAVO take 3, 12:12:52 Because if I keep on fighting or I start fighting with them while they're having a tantrum, I will stay angry and I'm not going to fix anything like that.</p>
	<p>Dr. G. Take 4 2:39 What you really need to do is just let some of that emotion get out. So stay near them. A lot of kids don't want to be held right in the first throes of a tantrum, but you want to stay close. You want to make sure that they don't hurt themselves. And then just let some of that emotion get out, and then be there for them when it does start to decrease so that you can comfort them, hold them, maybe redirect them into a new activity.</p>

DAY TWO: FALLING APART v2  
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	<p>But really I think the first few minutes you just have to let some of that out....</p>
	<p>JASMINE Take 1, 12:24:50          Hopefully on a good day I'll remember to just take a deep breath and kind of change my plans and realize she's having a tantrum because she's feeling bad and she's needing more connection and kind of just sit down next to her and just be with her while she falls apart and expresses herself. I'll just say to her "Honey, it looks like you're having a hard time and I'm just going to stay close to you while you have your hard time." And she'll just say "No, get away from me" and she'll sometimes kick and push me and I'll say "Well, how about if I sit right here?"</p> <p>And I'll just sit there and just try to be as connected as I can until she's remembering that we have each other and we can be together again. And sometimes that'll take awhile. And I'll just to internally just kind of let go of like all of what I wanted to do. And on a good day I'll be able to do that and on a bad day I'll be a little more grumpy about it.</p>
<p>EZ in bed, home video</p>	<p>Jackie Take 2, 18:33:30          Also just talking to him throughout the tantrum really calms him down, for him know that I'm not trying to pick on him, I guess, but more just understand what he's going through. Cause, I know that the way he sees the world is not the way we see the world, he sees a one track way.</p>
<p>What about using a TIME OUT?</p>	
	<p>Dr. G. Take 4 3:29          I don't think that's an appropriate time to do a time out, during a tantrum. And you don't want to send them away or</p>

DAY TWO: FALLING APART v2  
 Jilann Spitzmiller

	<p>separate them, because they're already so overwhelmed and so frustrated, and basically scared because having that much frustration or anger is scary to a small child. And to send them into time out is just going to scare them even more because the child's biggest fear is abandonment by the parent.</p>
<p>Is SPANKING a good way to CONTROL a TANTRUM?</p>	
	<p>DR. G        You have to kind of think ahead to where the child is going to be in 5 or 10 years and if the only way that you've been controlling things is with spanking, there's going to reach a point where that doesn't work. And then you don't have the relationship and communication built up that you need to get through those later years. So I think it's just important to start from the very beginning with communicating with them, at their level, but in a respectful way. The way that you want respect.</p>
<p>But sometimes my child's TANTRUM really upsets ME.</p>	
	<p>Dr. H        If I'm being honest I'm going to say it's pretty challenging to say "well, we'll figure this out". But part of it is the more you up the ante, the more you raise your voice, the more you say things like "Stop" Those kinds of things aren't very helpful because your child is sort in a vapor lock. They're not listening to you. They are lost in a sea of frustration and other emotions that are really overwhelming.</p>
	<p>Take 3 - 1:05:15 Dr. Aceves:        One recommendation for parents is also to know that we need to calm down, we need to learn to breathe deeply.</p> <p>The same recommendation that we would give the children, count from one</p>

DAY TWO: FALLING APART v2  
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	<p>to ten, take a walk, sing, listen to music, some way of relaxing to try and reduce the level of stress.</p>
<p>INTERTITLE: Can I actually PREVENT a TANTRUM?</p>	
	<p>Dr. H. Take 5 – 15:16:50 As a parent, I think that you're the best judge of what works for your child and what doesn't work. And there's probably things that all parents should keep in mind. And those are: how much rest does a child get, have they eaten, what's the schedule, are there lots of transitions? And these are the kinds of things that oftentimes can lead to tantrums.</p>
	<p>Jeff: He's easily sidetracked, whereas I'm focused on getting to work on time, so it's creating some transition for those two things to more closely merge together and not have anybody crying and screaming as they walk out the door.</p>
	<p>Gaby I can usually see it in his eyes, right before. Like he gives little cues like he's scared. So usually I'll say "you're scared, come give mama a hug".</p>
	<p>Jeff It's pretty clear, as we try to be good parents, that the biggest thing is how to dialogue with him, and at his level.</p>
	<p>Jasmine: That is like the essence of what life is about – connection and being authentic, and having people be close to you, where you are.</p>
	<p>Jackie: I just hope he grows up happy. I just hope I do everything right on my part so</p>

DAY TWO: FALLING APART v2  
Jilann Spitzmiller

	that he becomes a great person.
	GABY Take 3, 15:01:19 We're hoping that working really hard with him now and trying to get him the help he needs now with the tantrums and everything, we're hoping that's going to benefit in the future. Like when he's a teenager, he'll be able to communicate with us better. That's our hope. We'll have to see how that turns out!