



## STRATEGIES & SUGGESTIONS FOR TANTRUMS and MELTDOWNS

- [Why Do Children Have Tantrums and Meltdowns?](#)
- [Managing Meltdowns in Young Children](#)
- [Strengthening Body Regulation in Young Children Through Executive Function](#)
- [Executive Function Development Webinar](#)
- [Best Practices for Managing “Out of Control Children”](#)  
(free webinar; previously recorded, registration required)
- [Understanding the Meaning of Challenging Behaviors](#)
- [Managing Challenging Behavior eLearning](#)  
(preview of 2 free online courses)
- [Behavior Management Training Modules](#)  
(Module 1, Building Relationships; Module 2, Teaching Strategies; Module 3, Individual Interventions; Module 4, Leadership Strategies)
- [Teaching Children to Identify and Express Emotions](#)
- [Helping Children Recognize and Understand Anger](#)