

PHRASES TO SOOTHE A SCREAMING TODDLER

Acknowledge their feelings by saying, **"I can see you are having a tough time,"** and proceed to hear them out



If they are screaming for no reason, try asking, **"Can you please use your words and tell me what you want?"**



Saying **"that was really frustrating/stressful"** can let them know that you understand what led to their screaming



If the situation is getting out of hand, simply walk away by saying, **"let's take a break,"** giving them time to compose themselves



Words of reassurance such as **"I love you"** or **"I am always here for you"** can help them avoid separation anxiety



Try soothing them with a hug and ask them to calm down by saying **"do you want me to help?/ let's work together"**

