Gentle Words STUDIO

Gentle Words. Strong Minds. Brilliant Futures.

5 Things to Say in the Middle of a Tantrum

Calm words for the loudest moments

1. **"You're really upset. I'm right here."**
   Stay close and stay calm. Your calm is the first thing your child borrows.

2. **"It's okay to feel angry. It's not okay to hit."**
   Name the feeling and hold the boundary in the same breath.

3. **"I won't let you hit. I'll keep us both safe."**
   Act calmly instead of lecturing. Move them, or yourself, if you need to.

4. **"When your body is calmer, we'll talk."**
   In the storm, use fewer words. Save the lesson for later.

5. **"You're finding this really hard right now."**
   Name it. Don't claim it. Describe the moment, never the child ("You're so naughty").

AFTER THE STORM

"That was hard. We got through it together."

TRY TO AVOID

"Stop crying." It can tell a child their feelings are the problem, so the feelings often get louder.

Want the right words for your hardest moment?

The Tantrum & Bedtime Reset

A 45-minute private session · R350 · online or in Durbanville

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