



**3 REASONS**

**TO STOP  
TALKING TO  
YOUR  
CHILD  
DURING A  
MELTDOWN**

**JM**

[WWW.JESSICAMCILVEEN.COM](http://WWW.JESSICAMCILVEEN.COM)

# WHY TALKING JUST DOESN'T CUT IT!

As a parent, your energy is precious. Sometimes the meltdowns last longer than they need to simply because we've spoken too much. Here is why we talking won't help:

## **1. NON-VERBAL COMMUNICATION WAS THEIR FIRST LANGUAGE. THEY RESPOND TO THIS BETTER**

The second we are born we are reading BODY language - we are experts in it. If your body language is calm and loving, they will trust in what you're saying - if it's not, they won't.

## **2. THEIR EMOTIONAL BRAIN IS IN FULL SWING**

This means there is no access to the language centre.

They are only focused on emotion at this stage and any attempts to bring logic into the mix will escalate them further.

## **3. THEY JUST WANT TO BE HEARD AND UNDERSTOOD**

Once they are understood their emotional brain feels safe to calm down. Trying to change a Child's mind during this time is a waste of time and energy. Once a child feels you understand their emotions, they are more likely to calm.



As a parent, you're probably told so many different rules to follow and most of these are based on myths. There are a few myths around self-regulation I think you should know.

**WATCH HERE ON  
YOUTUBE**

**[WWW.YOUTUBE/JESSICAMCILVEEN](http://WWW.YOUTUBE/JESSICAMCILVEEN)**

During this video I share the myths we are led to believe about self-regulation in children that are creating a generation of children who can't self-regulate themselves.

**CONTACT**

support@jessicamcilveen.com

@jessicamcilveen