Tantrum Versus Meltdown

TANTRUM

Usually because the person wants something

Person checks to make sure you are paying attention to their behavior

Person acts this way in front of an audience

Once they get what they want, the behavior ends abruptly

No residual Autonomic Nervous System signs; person returns to normal activity within 5 minutes

MELTDOWN

A response to overload or feeling overwhelmed

Person does not care if anyone is paying attention

Behavior will continue even without an audience

There is no goal - the behavior will cease once the person self-calms or when someone helps them regain control

Autonomic Nervous System signs such as red ears, sweating, flatulence, dialated pupils; 45-60 minutes to return to normal

SIGNS (BOTH)

Screaming
Kicking
Shouting
Stomping
Swearing
Biting
Throwing
Hitting