

# Morning Meltdowns: The Everything-Is-Too-Much Edition

*(Or: Why Your Kid Is Crying and You're Late Again)*

## The Scene

It's morning. You're already behind. Your kid is fully melting down.

### Maybe it's:

- Socks, tags, hair, or clothes
- Hunger or low blood sugar
- Being rushed
- A surprise change
- Feeling tired, overwhelmed, or "off" for reasons they can't explain



To you, it looks small. To their nervous system, it feels like **everything is happening at once**.

### You are tempted to say:

- "We do not have time for this."
- "You were fine two minutes ago."
- "Why is this such a big deal?"



Take a breath. This is not a discipline moment. This is a **regulation moment**.

## What's Actually Happening (Quick Science, No Jargon)

Morning meltdowns happen when a child's nervous system is overloaded.

### Common reasons:

- Waking up is hard (transitioning is real work for the brain)
- Their body feels uncomfortable, hungry, or overstimulated
- Time pressure adds urgency and threat



When kids melt down, their brain is not choosing chaos. It's reacting as if something is **wrong**.

They are not being dramatic. **They are dysregulated.**

# What Not to Do (Even Though You Want To)

## Avoid:

- Arguing logic (“This isn’t a big deal”)
- Rushing with threats (“We’re leaving without you”)
- Lectures (“You need to get it together”)
- Matching their volume or intensity

These responses tell the nervous system:  
Yep. *This really is an emergency.*



# What Helps Instead (This Is the Part That Works)

## 1. Regulate First, Solve Second

Before fixing the problem, lower the **emotional temperature**.

### Try:

- Getting down to their level
- A calm, steady voice
- Slowing your own breathing

### Say:

“I see how hard this feels. I’ve got you.”

**That sentence alone can reduce panic.**



## 2. Name What’s Happening Without Judgment

This helps their brain organize the chaos.

### Examples:

- “Your body feels overwhelmed right now.”
- “Mornings are hard and everything feels like too much.”
- “Something doesn’t feel right and it’s making this really big.”

No fixing yet. Just naming.



### 3. Offer Comfort Before Control

This is the counter-intuitive part.

Comfort does **not** reinforce meltdowns.

**It teaches regulation.**

**Options:**

- A hug or gentle touch (ask or offer)
- Sitting together for 30 seconds
- Quiet presence without talking

You are teaching: *Big feelings are survivable.*



### 4. Then Offer Simple Choices

**Once their body is calmer:**

- “Do you want help or space?”
- “Do we fix this now or after breakfast?”
- “This option or that option?”

Keep choices **limited**. Two is enough.



## If You’re Thinking: “But We’re Going to Be Late”

You’re not wrong. **Here’s the trade-off:**

- Yelling may move things faster today
- Regulation makes mornings easier over time

**A regulated child moves faster than a panicked one.**

## For Parents (Quiet Reassurance You Might Need)

- You are not spoiling your child
- You are not failing at boundaries
- You are teaching skills their brain hasn’t mastered yet

Kids grow into tolerance. **They do not grow out of shame.**

## The Takeaway

When your kid melts down in the morning, your job isn’t to fix everything immediately. Your job is to be the calm nervous system they can borrow. Everything else gets easier after that.

## **Bonus: Sensory Friendly Socks your Child May Enjoy if They Have Sensitivities:**

These soft, comfortable, and durable socks feature a half cushion foot for extra impact protection. Perfect for sports, school, and everyday wear. Check it out on Amazon - you won't regret it!

<https://a.co/d/70c4Le8>



### **SmartKnitKIDS Sensory-Friendly Sensitivity Seamless Socks - 3 Pack**

SmartKnitKIDS Seamless Sensitivity Socks, 3-Pack - Made in USA, Soft Cotton Blend, Non-Irritating Flat Toe Seams, Durable All-Day Comfort for Boys & Girls (Navy, Small) : Clothing, Shoes & Jewelry

 Amazon.com

<https://a.co/d/78XwXXE>



### **Jefferies Socks girls Seamless Sport Half Cushion Low Cut Socks 6 Pack**

Jefferies Socks Little Girls' Seamless Sport Low Cut Half Cushion Socks (Pack of 6), White, 5-6.5 Sock Size /3-7 Shoe Size : Clothing, Shoes & Jewelry

 Amazon.com