

The 5-Minute Calm Trick for Tantrums



**Parent
Guide**



WELCOME TO THE PELUSO METHOD™

*Stop tantrums in minutes —
without yelling or punishment*



When a child has a meltdown, their brain is not
“misbehaving.” Their brain is calling for help.

In this guide, you'll learn how Peluso turns
big feelings into calm —

through love, safety, and connection.

Why Tantrums Happen

Tantrums are not bad behavior — they're a biological stress overload. When the emotional part of a child's brain (the amygdala) takes over, the thinking brain (prefrontal cortex) temporarily goes offline. Kids literally cannot calm down alone. They need a caring adult to help their nervous system feel safe again.

- ✓ It's not attention-seeking — it's connection-seeking
- ✓ Calm isn't taught with fear — it's learned with co-regulation



WHY STORIES ARE POWERFUL

- ✦ Children learn through characters they love
- ✦ Stories bypass resistance and fear
- ✦ Peluso becomes a safe emotional role model

*“If Peluso can calm down...
I can too.”*



*“When kids feel understood, the storm
passes faster — and the calm lasts longer.”*

Magic + Safety = Lasting self-regulation

SPOT THE “YELLOW LIGHTS”

- ⚠ Clenched fists
- ⚠ Face goes tense
- ⚠ Sudden “NO!” to everything
- ⚠ Pacing or whining
- ⚠ Breathing gets fast



Early response makes calming easier

HOW THE PELUSO METHOD CALMS STORMS



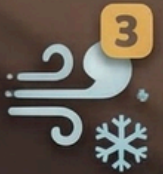
1 CONNECT FIRST –

Kneel, soften your voice, show you're there.



2 VALIDATE THE FEELING –

"You're upset. I'm with you."



3 GUIDE TO CALM –

Deep breaths with Peluso (3 sparkly breaths).



4 REINFORCE SUCCESS –

Praise bravery, not perfection.



*Kids copy what they feel from us —
calm spreads like magic.*

WHAT MAKES MELTDOWNS WORSE

- ❌ "Stop crying!"
- ❌ Threats or punishment
- ❌ Sarcasm or shame
- ❌ Trying to reason in the peak moment



*Kids can't learn while overwhelmed.
Calm first. Teach later.*

A REAL MOMENT: THE MARKET MELTDOWN

Step-by-step text:

- Child overwhelmed → screams and collapses
- Parent connects: "I'm right here. Big feelings happen."
- Peluso breaths together
- Calm returns
- Reward the recovery



Recovery is the real victory.

WORDS THAT CALM THE BRAIN 🧠💛

"You're safe,
I've got you."

"I see those
big feelings."

"Let's breathe
like Peluso."

"You did it!
You calmed
your body!"



Your voice = their anchor.

KNOWLEDGE IS POWER. TOOLS ARE THE SOLUTION.

You now have the map. Now, get the tools to make it happen every day without the struggle.



Beyond the Basics: 5 additional stories for 5 specific tantrum causes.

Daily Support: Emotional anchors and posters for your home.

The “Safety Net”: Includes the *Beyond Tantrums* Guide for the toughest moments.

Total: 22 Science-based tools.

**[UPGRADE TO THE
ULTIMATE PELUSO BUNDLE]**