DE-ESCALATION

STRATEGIES FOR MELTDOWNS

- Don't yell to be heard over a screaming child
- Avoid making demands
- Validate their feelings but not their actions
- Remain non-judgmental
- Silence
- Be aware of your body language
- Don't try to reason
- Avoid the word "No"
- Respect personal space
- Deep breathing
- Answer questions but ignore verbal aggression
- Use a distraction
- Acknowledge your child's right for refusal
- Don't try to reason
- Decrease sensory stimulation
- Get down to your child's level
- Take a short walk or movement break
- Reflective listening

nourished
not deprived

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